OCTOBER 2015 / IRON MAN MAGAZINE

INSPIRATION • INFORMATION • TRANSFORMATION™





AKNG

THE JOURNEY OF JASON WITTROCK

**NEED** TO TAKE



Please display until 10/26/15



WE KNOW WHAT IT TAKES.

WE SHARE YOUR PASSION,

DETERMINATION AND DEDICATION





# LAST SET STATE OF THE SET OF THE

KEY INGREDIENTS

Beta-Alanine Creatine BCAA's Caffiene

ANIMUS is a powerful pre-workout formula that contains all necessary ingredients to help increase muscel size, strength and speed up recovery time when your body needs it the most.

**APPROVED BY PROFESSIONAL ATHLETES** 

APPROVED BY PROFESSIONAL ATHLETES

ANIMUS

Extreme Pre Workout Formula



Incredible Pump' Lean Muscles' Endurance' Performance'

Distany Supplier

**EUROPEAN QUALITY • MADE IN SWEDEN** 





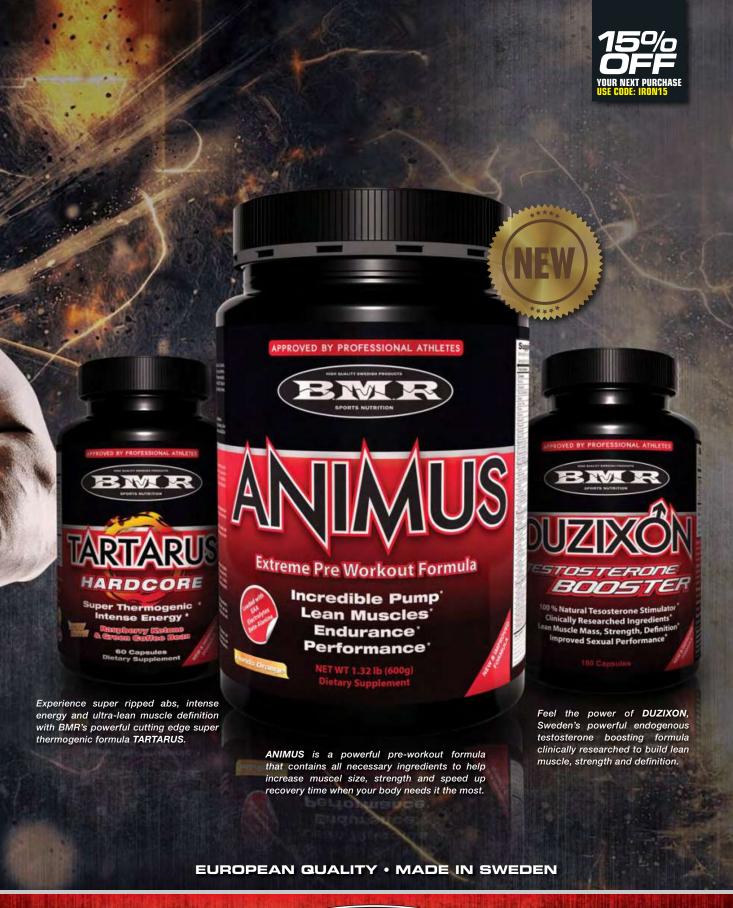
























# PROTEIN SUGARS FATS

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# DYMATIZE® N. II. T. B. I. T. I. O. N.



PROTEIN	SUGAR	FAT
<b>25</b> g	< <b>1</b> g	. <b>5</b> g

# YOUR AMBITION.

ISO-100° from Dymatize. What's in it? 25 grams of 100% whey protein isolate and 5.5 grams of branched-chain amino acids (BCAAs). What's in it for you? Better performance. Maximum muscle growth. And faster recovery times. Use it before and after your workouts. Because every workout counts.

## THE GUARANTEED MOST EFFECTIVE MUSCLE MASS & STRENGTH GAINER SYSTEM

HEALTHY 'N FIT® HAS DEVELOPED AND IMPLEMENTED MORE SUCCESSFUL TECHNOLOGIES THAN ANY OTHER BRAND IN OVER A DOZEN PRODUCT CATEGORIES

#### 4X STACK – 4 PRODUCTS IN 1 FOR GUARANTEED MAXIMUM RESULTS

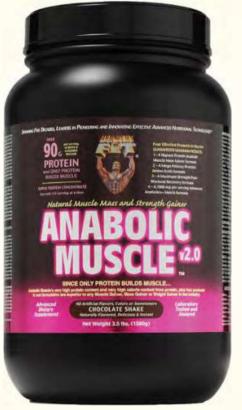
1\* A HIGHEST PROTEIN MUSCLE MASS & STRENGTH GAINER STACK 2\* A MEGA PROTEIN/AMINO ACIDS STACK 3\* A MAXIMUM STRENGTH POST-WORKOUT RECOVERY STACK 4\* A 7000mg PER SERVING ADVANCED ANABOLICS™ STACK



SUPER PROTEIN CONCENTRATE Use only 1/2 serving at a time

#### **ONLY PROTEIN BUILDS MUSCLE...**

ANABOLIC MUSCLE™ v2.0 (AM2) contains over 40% Protein and provides GUARANTEED ADVANCED MAXIMUM NUTRITIONAL SUPPORT FOR INCREASED MUSCLE MASS AND STRENGTH. Other brands typically provide only 15-25% protein and contain excessive, inexpensive carbs and fat which don't build muscle, and can trigger fat storage. AM2 consists of the HIGHEST QUALITY PROTEINS and AMINO ACIDS from 100% Whey Protein/Amino Acids, 100% Egg White Protein/Amino Acids and 100% Casein Protein for quick, medium and extended release of Proteins to muscle, equating to a steady release of Protein, up to 8 hours of PNB (Positive Nitrogen Balance), Anti-Catabolic and Anabolic Activity, Stimulating Muscle Protein Synthesis, Helping Prevent Muscle Breakdown, Providing Anti-Cortisol Activity, and Enhancing Stamina, Endurance and Energy. Other brands don't even come close to AM2's comprehensive **GUARANTEED MOST EFFECTIVE formulation.** 



empty calories found in other brands which don't build muscle). AM2's MUSCLE MASS and STRENGTH GAINER STACK does this better than any other brand. AM2, the pack-it-on MUSCLE FOOD for GUARANTEED MAXIMUM RESULTS. 2\* SECOND STACK - AM2 provides over 90 grams of protein and Amino Acids per serving from the highest quality Whey (including isolates and hydrolysates), Egg White, and Casein - providing quick, medium, and extended release proteins. 3\* THIRD STACK - Recovery is one of, if not the most important aspects of training for INCREASED MUSCLE MASS and STRENGTH. AM2's POST-WORKOUT RECOVERY STACK Maximizes the "ANABOLIC WINDOW" of growth for ENHANCED RECOVERY better than any other brand. 4\* FOURTH STACK - Supplements Technology has

enhanced bodybuilders and athletes ability to increase Muscle Mass and Strength. AM2's 7000mg per serving ADVANCED ANABOLICS™ STACK provides an extensive array of Supporting Nutrients such as Creatine, Beta Alanine, Betaine, Citrulline, Arginine, BCAA's, L-Theanine and more to further enhance AM2's GUARANTEED MOST EFFECTIVE formulation for INCREASED MUSCLE MASS and STRENGTH.

#### THE PUREST, CLEANEST FORMULATIONS...

ANABOLIC MUSCLE™ v2.0 is truly the PUREST, CLEANEST formulation and FREE OF artificial flavors, colors, sweeteners and gluten. Other brands call their products "pure" and "clean" even though they contain artificial ingredients

listed right on their packaging. Anabolic Muscle™ has been successfully selling for over twenty years. We now bring you version 2.0 as the next generation of muscle gainers which incorporates all of the latest additional effective advanced nutritional technologies - giving you a formulation that is both cutting edge and time tested.

## \*BEST FORMULATION \*BEST RESULTS \*BEST VALUE \*BEST GUARANTEE

Call or Email us to receive a FREE sample Available at Better Health Retailers and Gyms Including

4X SYNERGISTIC STACK FOR GUARANTEED MAXIMUM

1\* FIRST STACK - The Scientific Literature, Experts and Advanced Athletes

agree - In order to Add Muscular Bodyweight, additional quality calories

from Protein/Aminos are needed (not excessive carbs and fat calories -

INCREASES IN MUSCLE MASS AND STRENGTH...













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A proper diet and exercise program are essential for reaching your training goals.

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# \*THE GUARANTEED, NEW #1 WHEY

HEALTHY 'N FIT⊕ HAS DEVELOPED AND IMPLEMENTED MORE SUCCESSFUL TECHNOLOGIES THAN ANY OTHER BRAND IN OVER A DOZEN PRODUCT CATEGORIES

## THE ULTIMATE IN WHEY PROTEIN TECHNOLOGIES...

\*INCORPORATING THE ENHANCED AMINO™ INTRINSIC INFUSION™ SCIENTIFICALLY PROVEN AND GUARANTEED TO PROVIDE ADVANCED MAXIMUM NUTRITIONAL SUPPORT FOR INCREASED LBM (LEAN BODY MASS), TS (TOTAL STRENGTH), RECOVERY AND PERFORMANCE—GUARANTEED MORE EFFECTIVE THAN ALL WHEY PROTEINS OR YOUR MONEY BACK. WITH GUARANTEED EFFICACY THAT OTHER WHEY PROTEINS JUST DON'T DELIVER

per serving **VERY HIGH IN** BCAA'S & **ESSENTIAL AMINOS** 

MORE EFFECTIVE THAN JUST A WHEY PROTEIN CONTAINING: \*WHEY PROTEINS \*WHEY PEPTIDE AMINO ACIDS \*WHEY PROTEIN FRACTIONS \*ENHANCED AMINO™

#### THE GUARANTEED #1 WHEY 100% WHEY PRO-AMINO™ IS SCIENTIFICALLY **DOCUMENTED AND GUARANTEED TO BE MORE EFFECTIVE THAN ALL WHEY PROTEINS...**

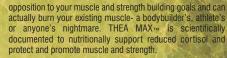
100% WHEY PRO-AMINO™v2.0 (WPA2) incorporates numerous Advanced Technologies equating to Guaranteed Increases in LBM (Lean Body Mass), TS (Total Strength), Recovery and Performance. WPA2 also Enhances PNB (Positive Nitrogen Balance), Enhances Anti-Catabolic and Anabolic Activity, Helps Prevent Muscle Breakdown and Supports Stimulating Muscle Protein Synthesis, culminating into producing the GUARANTEED #1 WHEY in the industry.

#### THE PROVEN LEADER IN WHEY TECHNOLOGIES...

100% WHEY PRO-AMINO™ v2.0 incorporates not just one, but many different technologies developed and implemented by the HEALTHY 'N FIT® Research and Development Team, which collectively brings nearly 100 years of knowledge and expertise in Nutritional Sciences, Pharmacokinetics, Physiology and Exercise Physiology, into the development of HEALTHY 'N FIT®

#### **8 ADDITIONAL FORMS OF EFFICACY/ BENEFITS** OTHER WHEY PROTEINS JUST DON'T DELIVER..

- 1\* WPA2 is guaranteed superior to all Whey Proteins. WPA2 consists of the Highest Quality Whey, including Whey Protein Isolate, Whey Hydrolysate Peptide Aminos and Efficacious Whey Protein Fractions.
- Exclusive to HEALTHY 'N FIT®, The ENHANCED AMINO THE INTRINSIC INFUSION THE A Synergistic Matrix incorporating many Additional Technologies: Correct Proportion™ Ratio Technology ™ BCAA's which have the highest *Chemical Score*, hence the most effective BCAA's in the industry. (Chemical Score is the advanced scientific methodology which determines the quality/effectiveness of amino acids such as BCAA's). While high ratio or leucine heavy BCAA's may seem impressive to the uninformed, the facts are that they are in direct opposition to BCAA's Chemical Score, hence lower quality/effectiveness.
- The Ultra Recovery™ Muscle & Strength Matrix which provides advanced maximum nutritional support for enhanced recovery. Recovery is one of, if not the most important phase of training for increased muscle mass and strength...
- TheaMax™ Cortisol, also known as the "stress hormone" and "aging hormone" can be produced from stress in our lives and from intense training. Cortisol is in direct



- 5\* Healthy GH Levels Support—Beneficial to athletes and health enthusiasts...
- 6\* Additional Health Benefits Support—The WPA2 formula provides Nutritional Support for a Healthy Immune System, Enhanced Mood, Enhanced Focus and Concentration with no stimulants, Healthy Skin and Hair, Fat Loss while Protecting and Promoting Muscle, Anti-Aging Support Plus other Health and Well Being Benefits.
- 7\* WPA2 is the Purest, Cleanest, Natural GUARANTEED MOST EFFECTIVE Whey formulation and FREE OF artificial flavors. colors, sweeteners and gluten. Many brands call their products "pure" and "clean" even though they contain artificial ingredients—this type of misinformation sends up red flags for many who are concerned about what other types of inaccuracies these brands have with other claims they make, and with the overall effectiveness of their products.
- 8\* Best Value—Other brands highest quality Whey's are only 1.6 lbs and 1.75 lbs. 100% WHEY PRO-AMINO ™ v2.0 is available in full 2 lbs. and 5 lbs. sizes and is a GUARANTEED MORE EFFECTIVE formulation and is a BETTER VALUE at a savings of

#### OTHER WHEY PRODUCTS "DIRTY LITTLE SECRETS"

#### **TOP WHEY BRANDS #2-5 ANALYSIS**

Brand #2 bases its company philosophy on how "pure" their whey isolate is, when in reality it's far from pure. The facts are that their whey isolate contains artificial flavors, sweeteners and colors, including Red 40, a suspected carcinogen (a substance that may cause cancer).

Brand #3 is a good whey protein and markets their product by including a precious metal in their product name,

presumably hoping that it will make their whey product appear special. In addition, this brand states that their products are #1; the facts are that ingredients in 5 out of 6 products this brand claims to be examples of their

innovation, were first implemented by HEALTHY 'N FIT®.

Brand #4 is a good whey protein; they are also an advocate of using a precious metal in their product name presumably hoping to create an impression of special quality for their whey products.

Brand #5 like Brand #2 bases their company/product philosophy on how "clean" their product is. Like Brand #2, it's not pure, clean or

100% WHEY PRO-AMINO™V2.0 IS GUARANTEED TO **OVERWHELMINGLY SUPERCEDE BRANDS #2-5, and is GUARANTEED MOST EFFECTIVE WHEY IN THE INDUSTRY.** 



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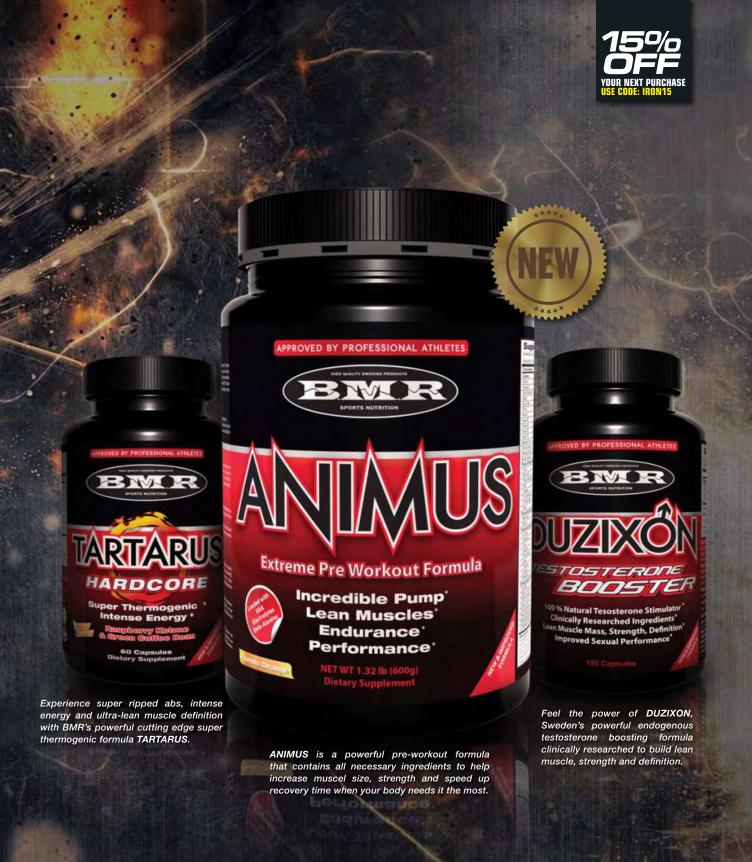
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A proper diet and exercise program are essential for reaching your training goals.

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# WE KNOW WHAT IT TAKES. WE SHARE YOUR PASSION, DETERMINATION AND DEDICATION



EUROPEAN QUALITY • MADE IN SWEDEN

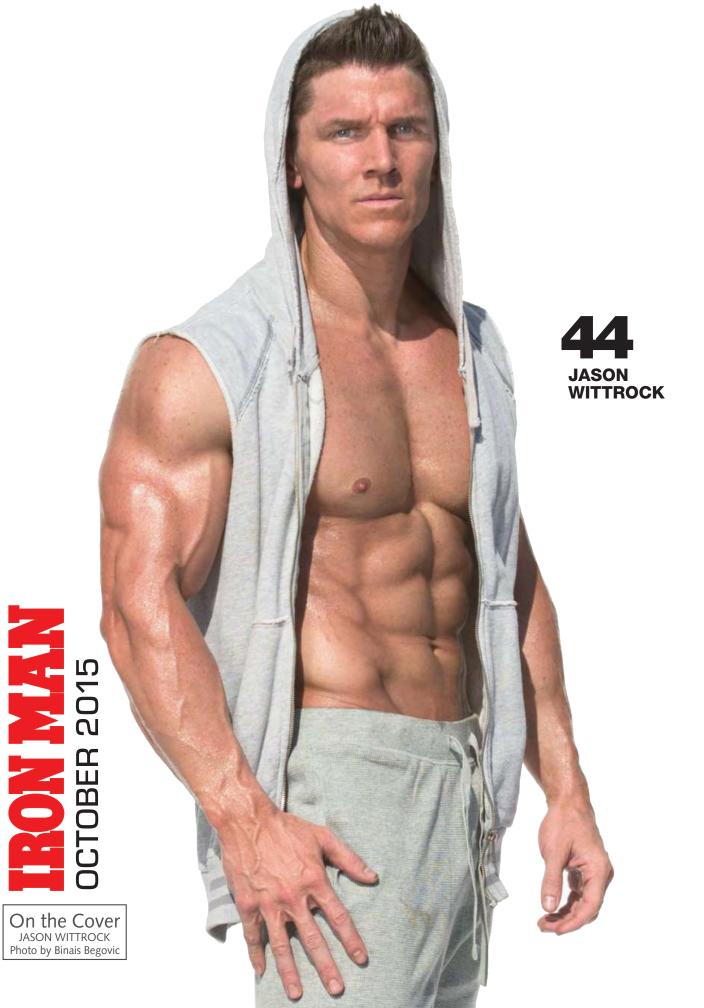












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#### In the next IRON MAN:

Meet the leading Men's Physique Olympia contender for the Olympia crown as well as one of the most impressive specimens and original personalities in the Physique world. The November issue of *Iron Man* hits newsstands November 1.



#### PHOSPHA MUSCLE"

Clinically dosed with Mediator® PA – the world's purest form of phosphatidic acid, which helped study subjects build 5.3 lbs. of lean muscle and boost I-rep max leg press strength by 60% in 8 weeks.

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Delivers patented BetaTOR® – an exclusive metabolite and free-acid derivative of leucine and HMB, which was shown in university research to help study subjects pack on 16.3 lbs. of lean muscle in I2 weeks.

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## THE FIRST WORD

## How Real Is Being Real?



I apologize in advance if this month's letter comes off as a bit critical, or worse, cynical. If you have followed the changes to Iron Man magazine, you may have noticed that we love photographing our models and athletes in their element, bringing out the best in them, and allowing them to be who they are, rather then creating a polished version of what we think our readers might like. Nothing beats a real image, a real feeling. We have even completely moved out from the former Iron Man studio because I want a real gym environment; real blood, sweat, and tears; and real Iron Addicts around our photo shoots. And what could be a better place for that than Metroflex Gym, Long Beach, owned and managed by Eddie Avakoff, who I'm proud to have onboard as one of our columnists and bloggers introducing hybrid training to our readers. If you ever question whether or not this type of training works or if you ever want to find out how fit you really are, please join us for one of our workouts at Metroflex.

The downside of being out there in real life is meeting and observing so many Instagram, YouTube, and other social media fitness celebrities and self-proclaimed experts. You read it right: downside. Seriously, guys, you are selling a fitness lifestyle to your followers that usually go together with hashtags such as #beastmode, #realtalk, or #aesthetics when in fact you spend 80 percent of the time at the gym taking photos of yourselves, finding the right angles, lights, and photographing so much weight on the racks that you barely manage to get it off the ground for one rep. This ritual is followed by hours of post-production and retouching to gain the maximum amount of likes, followers, and views. I have some news for you: This is not real and you are not contributing to our industry in a positive way by creating an illusion as a fitness expert or aesthetic god or Insta-celebrity. There is a big difference between becoming famous because you are passionate about what you

do versus faking a passion because you want to become famous.

My point is this: Choose wisely who you look up to. In order for our industry to continue growing and being accepted seriously, we need to aim our spotlight on real Iron brothers and sisters who actually leave their heart and soul on that gym floor. If you are an influencer and you have a following, please take responsibility by being real and true to your friends and help them achieve their goals, rather than simply lusting after their likes and comments. It will benefit both you and our industry in the long run.

This issue is also very special to me since I shot my first *Iron Man* cover and the entire cover story of Jason Wittrock. I really hope you enjoy the new style and vision. Also make sure to check out my blog on ironmanmagazine.com.

#### **Binais Begovic**

#### $\mathbf{IRON}\,\mathbf{MAN}_{\scriptscriptstyle\mathsf{M}}$

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#### **LEAN BODY MASS GAINED**

GAINED 3.75

2.5

2.5

2.5

0.5

DAINED 3.75

DF LEAN MUSCLE

PLACEBO

Study subjects put on 3.75 lbs. of lean muscle in 6 weeks in leading university research published in the Journal of the International Society of Sports Nutrition.

The most advanced strength-enhancing BCAA+ formulas from MuscleTech® are here. Introducing AMINO BUILD® NEXT GEN and AMINO BUILD® NEXT GEN ENERGIZED. Both fully disclosed formulas deliver powerful strength-building and endurance based on 4 gold-standard clinical trials, plus mouthwatering flavors perfected by the world's top flavor experts. Amplify your performance with AMINO BUILD® NEXT GEN from MuscleTech® – try both powerful formulas today!

## AMINO BUILD® NEXT GEN & NEXT GEN ENERGIZED

- Clinical doses of key ingredients shown to build muscle & strength
- Core ingredients backed by 4 clinical studies
- Coconut water and watermelon juice complex, plus electrolytes
- Energized formula delivers naturally sourced caffeine for instant energy, focus & intensity
- Amazing refreshing taste!

## 3.75 LBS.

Test subjects supplementing with **2.5g of betaine** built 5.5 times more lean muscle than the placebo group (3.75 lbs. vs. 0.66 lbs.). In a separate study, betaine was shown to enhance muscle endurance.

#### 40% MORE STRENGTH

Precisely formulated with a 4g dose of ultra-anabolic leucine, shown in clinical research published in the International Journal of Sports Physiology and Performance to help subjects increase their 5-rep max strength by over 40%.

### H BOLD

Get AMINO BUILD® NEXT GEN in mouthwatering Icy Rocket Freeze, White Raspberry, Fruit Punch Splash & Watermelon flavors. The ENERGIZED formula is available in Blue Raspberry, Fruit Punch Splash, Orange Pineapple & Concord Grape.



















## Contributors



#### **Amanda Burrill**

After serving in the U.S. Navy as a rescue swimmer, Burrill obtained a culinary degree at Le Cordon Bleu in Paris, a graduate degree in journalism from Columbia University, and a WSET Level 2 wine certification. She's a host for the Travel and Cooking channels and is a freelance writer, fitness model, and triathlete. Check out her adventures in travel, food, and fitness at her website apronsandsneakers.com.



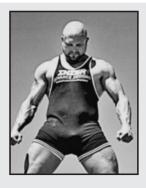
#### Jenevieve Roper, PhD, CSCS

Jenevieve Roper, PhD, CSCS, is an assistant professor of kinesiology at California State University at San Bernardino where her research interests include running injuries and sport performance. She writes a blog for Iron Man, where you can track her progress of completing her first half marathon and stepping onstage in the NPC.



#### **Brian Carroll**

Brian Carroll is one of the most accomplished powerlifters in the history of the sport. After suffering a debilitating back injury in 2012-including several broken bones—he used the principles described in his book 10/20/Life to return to competition. He has created a community of strength and fitness experts known as Power Rack Strength. Carroll most recently competed at the 2015 Arnold Classic, where he won both his class and the overall title. For more info, check out powerrackstrength.com.



#### Jay Ashman

Jay Ashman is a strength coach out of 405 Barbell in Moore, Oklahoma, He is ISSA S&C certified and credentialed through AAAI/ISMA. He is a former Super League Rugby player and competitive strongman who now competes in powerlifting. The second iteration of his training e-book, Ashman Strength System, will be released soon. See more at ashmanstrength.com.



#### Chris Lockwood, PhD, CSCS

Dr. Chris Lockwood has held a leadership position in almost every facet of the fitness and supplement industries—from marketing to media to clinical research (with 22 published studies to his credit). An expert on the physiological effects of protein, Lockwood has helped develop some of the most highly regarded supplements on the market. He currently resides in Utah with his wife, two daughters, and dog. Wyatt, a pitbull rescue.



#### **Nick Nilsson**

Published author and bodybuilding expert Nick Nilsson enters his lab every day with one obsession: to experiment with and deliver mind-blowing new exercises, programs, and training techniques that get results fast. An expert in kinesiology, physiology, and anatomy, Nilsson has helped thousands of people get the physique they want when nothing else seems to work. For more info, check out madscientistofmuscle.com.

## NEW, SUPERIOR, CLINICALLY DOSED PRE-WORKOUT

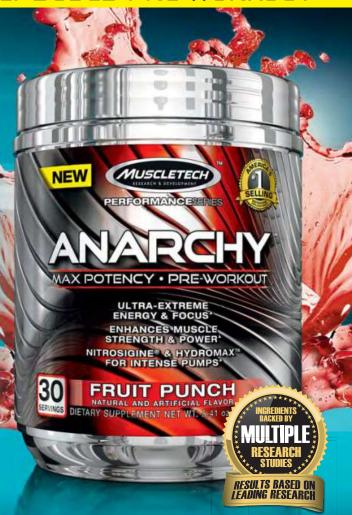


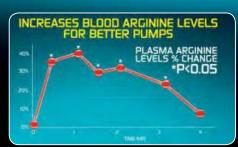
# REVOLUTIONIZED FOR INTENSE PUMPS AND SUPERIOR PERFORMANCE

MuscleTech® researchers have reinvented the pre-workout category. To force an intense muscle pump, Anarchy® features patented Nitrosigine® and HydroMax™ glycerol. It also features a one-of-a-kind combination of unique ingredients, such as *Rhodiola*, choline, theanine and more, that's been perfected through countless sensory tests. Anarchy® is also formulated with patented CarnoSyn® for enhanced muscle, strength and power.

- The only pre-workout that delivers HydroMax<sup>™</sup>, Nitrosigine® CarnoSyn® and more
- Ingredients backed by multiple research studies
- Fully disclosed label

Just check out our fully disclosed label to see for yourself why Anarchy® is the only pre-workout that delivers unmatched performance, unlike obsolete formulas that underdose their ingredients. And because it's from MuscleTech®, the trusted brand backed by 20 years of excellence, you know it's a best-in-class formula that delivers results. Get it today.





Nitrosigine® has been clinically shown to boost blood arginine levels in test subjects within just I hour of their first dose.

#### THE ANARCHYM ADVANTAGE

	ANARCHY®	COMPETITOR I	COMPETITOR 2	COMPETITOR 3	
Nitrosigine®	I.5g	Zero	Zero	Zero	
HydroMax™	lg	Zero	Zero	Zero	
L-theanine	I50mg	Zero	Zero	Zero	
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount	
Rhodiola	100mg	Zero	Zero	Zero	
Beta-alanine	3.29	<b>3</b> g	Zero	29	

Amounts displayed on the chart are based on a full dose.

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## 1,000 MG

HydroMax™ glycerol is IO times more concentrated than the competitor's glycerol monostearate.

## 1,500 MG

Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels in research conducted at a human performance lab at a prestigious research center in Miami.





BODYBUILDING.com











## 3,200 MG PATENTED CARNOSYN® 2 scoops of Aparchu® deliver 3200mp of

2 scoops of Anarchy® deliver 3,200mg of patented CarnoSyn® beta-alanine. This is more than the competition. It has also been shown to accelerate musclebuilding in a study published in the Journal of Strength and Conditioning Research.

## **INCREASE YOUR MUSCLE NOT YOUR GUT** TRAIN TO GAIN

### THE RACK BARBELL ROW

By Brian Carroll

Most of you are very familiar with the barbell row. In gyms all across the country, you see guys and girls sloppily swinging a barbell to their abs as if they are doing some weird deadlift/row/clean combo. They are totally missing out on the benefits of what a strict row can offer.

A safer and more effective version is the barbell rack row. In this exercise, you row inside the power rack from a low pin and squeeze the weight up instead of swinging it. With each rep, pause at the sternum with full contraction for a second, then slowly lower the bar to the rack and reset. This is a great movement to bring up a weak or underdeveloped upper, middle, and even lower back (remember, the lats runs from the arms to the hips.)

Swinging the bar not only cheats you out of the potential benefits but also increases the risk of herniated discs and a litany of other issues as well. As someone who has a serious history of back injury (broken sacrum, multiple endplate fractures from L3-down, as well as not having any disc in L4-L5 and L5-S1,) I can speak on this subject with authority.

Since the traditional barbell row already puts you in a compromising position (hinged at the waist), you don't want to be swinging the bar, especially when you're in flexion and under a load. Instead, you want to be braced, stiff, and get a strong contraction with a full range of motion to enjoy the full benefit from this often-bastardized exercise.

Certain movements should be performed as explosively as possible, but this row is not one of them. The squat, bench press, deadlift, clean, and snatch should be done with speed and power. For exercises like the rack barbell row, which actually supplement the moves above, you should use control and try to focus on working the muscle rather than the movement.

To help make the exercise more efficient, I have made a few changes to it that will not only help you get bigger and stronger, but will also

develop your core strength and enhance your longevity, in and out of the gym.

Certain movements should be performed as explosively as possible, but this row is not one of them.

- 1. As with the squat, bench, and dead, you want to get into the position known as the "lifter's wedge" or the "gorilla lean." I learned this from renowned spinal expert Dr. Stuart McGill. You want your head up, lats down, and your trunk braced even before taking on a load. This will be the key for you in any movement.
- 2. Use a grip depending on your weakness. If you want to attack your lats a little bit more, go wider. If you want to hit the middle or the meat of your back, then you'll want your hands a little bit closer. This is personal preference. I prefer somewhere in the middle because that allows me to get the best squeeze.
- 3. Start from a good stretched position while in the lifter's wedge and not lower. Set the pins low, but not too low. At the same time, you don't want it so high that you have no range of motion either.
- **4. Before you initiate** the row, push your stomach out as if you're about to take a gut punch. Make sure to brace your core. I don't care if it's 45 pounds or 450 pounds, one wrong move while being too "casual" (as Dr. McGill calls it) can end your days in the weight room. You must treat every rep as if it's the hardest lift you will ever try.
- 5. Once you break the bar from the pins—using your back muscles rather than momentum—pull it to your sternum and contract your muscles as

hard as you can for a second or two. Pull your elbows back and squeeze the bar into you. Then release the squeeze and lower the bar back onto the pins.

- **6. Pause in the bottom** and reset the grip. Each rep will begin from a dead stop. You will not be using momentum the way you would with a squat or bench press or overhead press. You will be working the muscles required for this movement and not just the movement itself.
- 7. Don't swing the bar, even when the reps get hard. Too many people have the habit of doggedly finishing sets even after their form has completely fallen apart. You do not get a badge of honor by resorting to anything possible to finish a set. This is about working the muscle, not hitting the number of reps you have in vour head.
- 8. Focus on the movement not the weight. Weight will come. To piggyback off of number seven, this is not a movement that you should use to gauge true strength. This is more of an isolation-compound exercise. In other words, it has much more benefit than a side lateral or a lat-pulldown, but it's still an accessory lift. Treat it as such.
- 9. I suggest not wearing straps in an effort to build up your grip strength. People throw around the phrase "functional training" a lot these days, and I can't think of anything more functional than one's grip. Once again, this is personal preference.
- 10. Keep the reps under 10 on this movement. I actually prefer five to six reps, as that range allows me to handle good weight but with perfect form. Any more than 10 reps and I've found it's too hard to keep my form pristine. The goal is for each rep to be a mirror image of the last. Maintaining the integrity of the lift is the top priority.





## WINNING THE SORE WAR

Beat post-workout muscle pain with these cutting-edge interventions

For those of us who crush the iron—and life in general—the "I've fallen and I can't get up" feeling the day after a squat workout is all too familiar. I've been immersing my body in balms, patches, and hightech devices to bring you products that soothe sore muscles, promote recovery, and hopefully get you back in the gym (or at least up off the toilet) pain-free and feeling good.

## THE PRODUCT: Marc Pro Price: \$650

The claim: Marc Pro conditions muscles by stimulating tissue with strong but non-fatiguing muscle contractions that set off a series of physiologic events called Muscle Activated Recovery Cascade that flush out waste and move nourishment into the treated area. Muscles recover faster and feel better after strenuous activity.

The verdict: This is the best thing to ever happen to my traps and upper back. The device is user-friendly with two independent channels, each with two self-adhesive electrodes (four total). Each channel can be used on specific muscles or multiple muscle groups at the same time. A short 10- to 20-minute session serves as a good warm-up. For recovery, I used the Marc Pro right after my workout or, if I didn't fit it in, at the end of the day for about 30 minutes. Since I spend my time between writing at a laptop hunched up like Quasimodo, working out, or cooking like a banshee, I now find myself repeatedly turning to Marc Pro to help release the tension I carry in my traps.

**Drawbacks:** The price is steep but 150 percent worth it.

I've been immersing my body in balms, patches, and hightech devices to bring you products that soothe sore muscles.



## THE PRODUCT: Hyperice Vyper Price: \$200

**The claim:** Vyper is a fitness and recovery device/roller that uses pressure and vibration to improve the body's overall performance. Three different speeds are powered by rechargeable lithium ion batteries, delivering over two hours of use per charge.

**The verdict:** I use the Vyper exactly as I would a traditional foam roller, but the pressure and vibration make

for a much more satisfying experience. I have seen significant improvements along my ITB, up and down my spinal column, and most notably in my two "deep six" areas: the group of small hip muscles, deep inside the hip that laterally rotate the leg. I just sit on the Vyper, find the "sweet spot," and grind into it.

Drawbacks: Again, the price is a little steep, but it's worth it. I'm hoping they introduce a slightly longer version.



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## T2G

## THE PRODUCT: WellPatch Price: \$6 for a four-pack

The claim: WellPatch claims their topical pain-relief solutions can safely address sore and stiff muscles. Unlike internal analgesics, which require time to be absorbed by your body and deliver non-specific pain relief, these patches are placed directly on the spot that ails you and begin working immediately. The Capsaicin Pain Relief Patch uses the ingredient that makes chili peppers hot to provide up to eight hours of heat. The large Backache Pain Relief Patch is designed for the lower back and has a cooling combination of menthol and aloe.

The verdict: I like having a combination of the Capsaicin and Backache patches on hand at all times. At least one muscle on my body is always sore, and having the choice between heating or cooling relief at a moment's notice gives me a warm and fuzzy feeling. Also, they are great for traveling, make no mess, are odor-free, and can easily be cut to fit different areas or address smaller muscles.

**Drawbacks:** They can start to fall off if you're too active or get sweaty or wet. I recommend wearing them after your workout rather than during.





## THE PRODUCT: BFF Miracle Body Buffer

Price: \$300

The claim: The BFF directs random orbital oscillation and intensive vibration therapy to accelerate healing and wellness. With durable engineering and ergonomic handling, it's easy to incorporate into daily life and touts efficacy across multiple fitness planes: muscle and pain treatment, hair removal, and skin moisturization.

The verdict: At first glance, the BFF looks awkward, but I decided to give it a "whirl." The muscle relief (a plush white cover is stretched over the oscillating disc) feels like a foam roller, but the difference is that the weight of the machine does the work for you, so you avoid the awkward flopping around on the floor. I was able to address shoulder-muscle pain pretty easily, and using the edge along my ITB was very effective, especially near the attachment points. Bonus: The fine-grit sandpaper-like sticker made my legs not only hairless but totally smooth. Last but not least, there is a blue cover and an included body cream that allows you to take your newly relaxed muscle and smooth, hairless skin and moisturize the hell out of it.

**Drawbacks:** The BFF is slightly heavy, but if you're not utilizing all three of its capabilities back-to-back, your arms won't get tired. To address back muscles or hard-to-reach areas, you will need help, and the hair-removal stickers eventually need to be replaced, but they are inexpensive and available on the website.

These aids will hopefully get you back in the gym (or at least up off the toilet) pain-free and feeling good.

## THE PRODUCT: Nano Foot Roller Price: \$25

The claim: The Nano is designed to increase flexibility and relieve minor muscular aches and pains associated with the foot. It comes in two densities and can also be used to address pain in the forearm. Trigger Point, the manufacturer, claims the textured surface provides a systematic approach to blood flow by channeling nutrients directly into the tissue.

The verdict: If you run, wear heels, or spend a lot of time on your feet, this is 25 dollars you can't afford not to spend. I have a mild case of plantar fasciitis that was relieved in that "hurts so good" way. I also found relief by rolling out my forearms after an intense back or bicep day where my grip was heavily utilized. This is the perfect desk companion if you're a typing fiend.

**Drawbacks:** It doesn't come in pink, purple, or teal, but I can live with that.



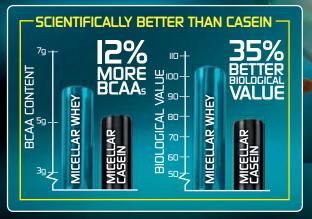
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## M TWIG TO BIG

## O Building Killer Abs: Part 2 by Vince DelMonte

If a ripped midsection is your goal, you need to adopt these 10 rules right now.

As I wrote in Part 1 of this story last issue (you can catch it online at ironmanmagazine.com), achieving an impressive set of chiseled abs isn't an easy process, but it's not as difficult as some would have you think. Like most fitness goals, it involves knowledge of how your body works, a little common sense, and a healthy dose of self-discipline.

Here's my second set of 10 tips for impressive abs. Use any or all of them, but for the best results, combine them with the first 10 I gave you.

#### 1. Avoid Stress

We all know that stress can trigger the release of cortisol, which can hinder lipolysis and promote fat storage, espe-

cially around the midsection. What you may not realize is that even minor stressors can trigger cortisol release. A study from several years ago showed that even the stress of monitoring caloric intake was sufficient to raise cortisol levels in dieters. In that same study, it was determined that insufficient sleep also contributed significantly to increased cortisol in the system.

This is why we need to get a minimum of eight hours of sleep each night on a regular schedule. I recommend setting a daily time by which you've turned off your e-mail, cell phone, and TV so you can wind down and be prepared to get proper rest. I also suggest taking thee to four minutes each morning to remind yourself of the good things in

your life. It helps keep a positive mindset throughout the day.



Instead of a standard one-hour workout, split it into two 30-minute sessions. This not only helps by breaking up the monotony, it also allows you to hit a higher intensity level because you're getting some recovery time between bouts. Besides, with a 60-minute session, it's too easy to force your muscles into a catabolic state, as well as triggering cortisol release. Splitting your workout will lessen that risk.

#### 3. Measure Portion Sizes

There's an old saying: "What doesn't get measured, doesn't get managed." It's important to measure your portion sizes somehow, whether by weight, volume, or just eyeballing it (which takes some practice). I'm pretty good at estimating portions with the eyeball method, but I still use my food scale because I think weight is the most reliable metric.

I make changes in my diet gradually. For instance, as I become leaner, I'll increase a portion of fish from eight ounces to 10 ounces. On the flipside, I also gradually reduce my carbs as I lean out. I might cut my 12-ounce portion of sweet porarely bother to measure my tatoes down to 10 ounces. I sume as much as I can, at least a cup at each meal. But for the





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rest of your diet. I'd say that not measuring your food with a scale is like trying to save money without ever checking your bank balance; it won't be very effective.

#### 4. Add More Volume

If you want to see real gains at building new muscle, you need to get some volume workouts in. You can split these, but be sure you hit a minimum every week or you're not going to see the best results. I recommend at least 45 to 75 minutes, five times a week.

#### 5. Do Some HIIT

When it comes to cardio for burning bodyfat reserves, high-intensity interval training can't be beaten. It's not for wimps, but nothing strips fat off your gut faster. Twenty minutes of high-intensity interval training three times a week will yield more results than an hour or more of steady-state cardio. This can make it a lot easier to fit a workout into a busy schedule.

#### 6. Indulge Rarely

There's nothing but sugar and empty calories in alcohol, and the same is true of most desserts. And here's a shocker for you: Studies

have shown that a Friday night of heavy drinking will suppress your testosterone level until the next Wednesday. Are you sure you're prepared to throw away 60 percent of your efforts for the week?

There's nothing wrong with an occasional treat, but the key word here is "occasional." I suggest you avoid the sweets and alcohol except for very special occasions. You need to decide whether a six-pack of beer is more important than your six-pack abs.

The good news is, after a few weeks without the sweets and alcohol, your cravings will subside, so you won't want the sugary stuff as often. And when you do treat yourself on a special occasion, you won't want nearly as much.

#### 7. Take Supplements

Personally, I think a person should get most of their nutrition from whole foods, but there is some evidence that indicates that because of depleted soil, we're typically getting only around 40 percent of the nutrients in our food. That's a big hit to take, so I think supplements are a good idea for making up the difference. There is more to supplements than protein and pre-workouts, though. You can keep your digestive system tuned up with probiotics, and promote overall health and fat anabolism with magnesium, vitamins C, vitamin D, and fish oil.

#### 8. Bulk Cyclically

Cyclical bulking—shorter periods of alternate cutting and bulking—helps keep your hormones at the optimum levels for both cycles. You can take advantage of the hormonal balance present after each transition point to make your efforts most productive.

During a shorter bulking phase, you're taking advantage of the increased anabolism caused by the preceding caloric deficit. (Bodybuilders call this the "rebound



There's nothing wrong with an occasional treat, but the key word here is "occasional." I suggest you avoid the sweets and alcohol except for very special occasions.

effect.") Then, as your system becomes accustomed to the increased calories, you can shift to cutting.

On the shorter cutting phase, the increased insulin sensitivity caused by your bulking diet, as well as the optimized ghrelin and leptin levels, will aid your cutting. Again, when your system begins to acclimate, you're ready to shift back to bulking.

My favorite strategy is utilizing 21-day blocks. If you're under 12 percent body fat, then perform two weeks of overfeeding (20 calories x bodyweight) and one week of underfeeding (10 calories x bodyweight), and then repeat for one or two more cycles. If you're over 12 percent body fat, then complete two weeks of underfeeding and one week of overfeeding, and repeat for one or two more cycles.

#### 9. Set A Deadline

Break your goal of chiseled abs into smaller goals, like losing one percentage point of body fat each week or by upping the intensity and volume of your ab exercises. Then assign a deadline for each, because you're more likely to achieve something when you're held accountable.

A training journal is critical at this point, in my opinion. You need to have a structured plan, with accountability, as well as a way of tracking your progress. Without the numbers on clear black and white, you're flying blind, and any progress you manage will be by pure luck.

#### 10. Get Help

If you're not seeing the progress you want and you're serious about ripped abs, stop designing your own program. A trained professional can prepare a fully periodized program for you, providing progressive phases and continuity to yield the best results.

You can hire a coach or you can sign up for the program that IFBB Pro Bodybuilder Ben Pakulski and I created together at HypertrophyMAX.com. Do whatever is necessary to stop spinning your wheels. IM



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## RESEARCH

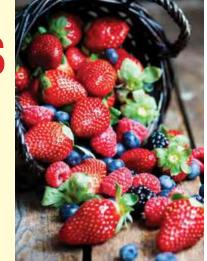
## MORNING RITUAL

Another piece of touchy-feely weightloss advice has recently been blown apart. For years, weight-loss experts warned people to stay away from the bathroom scale because the stress and potential disappointment would derail the fragile confidence and motivation of dieters. But recently, health scientists at the University of Minnesota examined this questionable conventional wisdom by putting two groups of people on a weight-loss program. The first group was instructed to weigh themselves every day and then e-mail their results to researchers who would graph the numbers and show the progress to the dieter. The other group had no intervention. After one year, those who stepped on the scale every day lost significantly more weight. When it comes to dropping pounds, the more hard data you have the better. Information, not to mention accountability, can only help.



## SNACK ON THIS

If you needed one more reason to consume more berries, here it is. Research published in the journal *Appetite* compared the satiating effects of an afternoon snack of mixed berries versus a more junkfood-ish snack of equal calories. An hour after eating the snack, the scientists let the subjects eat as much pasta as they liked. Even though both groups rated themselves equally in terms of hunger, full-



ness, and desire to eat, the group that ate the berries consumed significantly fewer calories during the free-for-all meal. Berries, it seems, delivers a hit of satiety that sugar-laden snacks do not. Not only are they low in sugar, low in calories, packed with fiber and rocking some of the most powerful antioxidants known to us, but it seems that berries are also a valuable weight-loss ally.

## A.M. PROTEIN FOR FAT LOSS

An early morning hit of aminos can set you on the path to fat loss for the whole day, says new research from the University of Missouri-Columbia. University scientists compared the benefits of consuming a



low-protein breakfast (13 grams) to a high-protein breakfast (35 grams) and found that the high-protein breakfast prevented body-fat gains, reduced feelings of hunger, and prompted the subjects to voluntarily consume less food throughout the day. The researchers theorize that the protein helps stabilize glucose, which leads to steady energy levels and a more controllable appetite. The subjects who ate less protein, or who skipped breakfast, experienced swings in glucose levels that are associated with weight gain and an increased risk of type 2 diabetes.







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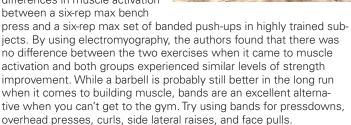
## **JUMP FOR** GROWTH

Adding a power move to the end of a leg workout is great way to boost testosterone concentrations in an effort to improve muscle size. Sports scientists at AUT University in New Zealand put a group of athletes through several different squat protocols and then measured the post-workout testosterone levels of their saliva. They found that a combination of low-rep heavy-load squats (three-rep max) followed by three sets of three explosive jump squats, using 50 percent of their one-rep maximum, provided the greatest enhancement in the anabolic hormones that lead to muscle gain. Adding power exercises (explosive movements in which the load is moved quickly) is also a great way to stimulate type II muscle fibers, which have high potential for growth.



**BANDS ON** THE RUN

Getting in a workout when traveling can be inconvenient and sometimes a major expense. Next time you hit the road, throw some exercise bands in your bag. While they can't replace a rack of dumbbells, band training has become increasingly popular—and for good reason. A study published in The Journal of Strength and Conditioning Research examined the differences in muscle activation





Modern life is so packed with career and family obligations that it's possible, even likely, that we can be over-scheduled and sleep-deprived and still not have time to train. When a few precious hours are freed up, should you get some sleep or head to the gym? A stack of research votes for hitting the sack rather than the weights. A study conducted by the School of Medicine and Biomedical Sciences at the State University of New York, Buffalo, showed that lack of sleep can increase insulin resistance. Scientists from Beth Israel Deaconess Medical Center and Harvard Medical School published a study that detailed how sleep deprivation increases inflammation and the risk of metabolic syndrome diseases. Finally, the journal Experimental Brain Research shared findings that postural control and stability is compromised when you are behind in your sleep. That means if you show up to the gym yawning and you try to squat, row, overhead press, or lunge, you might have wished you stayed in bed.



# STACK& ATTACK

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Nutrition, Supplements, Must-Haves and More

#### Five reasons why hydrolyzed whey protein is worth the expense

In the pursuit of a show-stopping physique, there are few attributes as important as being detail oriented. One of these critical details is choosing the best protein to achieve meticulous results. Here, whey protein has largely been hailed as the undisputed king. However, every king is eventually succeeded and somewhat redefined by its heirs to the throne. Can switching to a hydrolyzed whey protein ramp up your body's ability to burn fat and reduce muscle loss while still supporting serious muscle gain? The research says yes.

#### What Is Whey Protein Hydrolysate?

On supplement or food labels, you'll find whey protein listed as whey protein concentrate (WPC), whey protein isolate (WPI), or whey protein hydrolysate (WPH, also known as hydrolyzed whey). Whey that yields between 29 to 89 percent of its total weight as protein (grams of protein per 100 grams of total whey) is WPC. The remaining weight is predominantly a combination of carbohydrate (mostly lactose), fat, and moisture. WPC is the most common form of protein on the market because of it's relatively high protein concentration, low price, and agreeable taste.

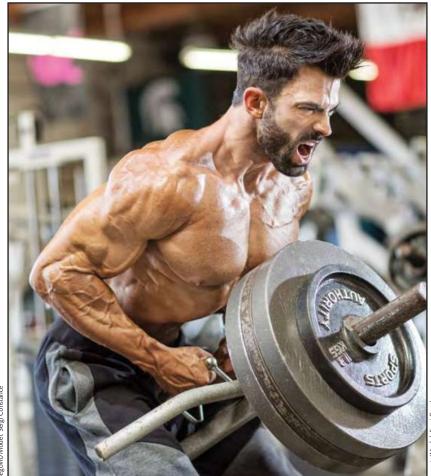
WPI is just a more concentrated form of WPC. It contains greater than 90 percent total protein by weight and insignificant amounts of lactose and lipids. The low sugar and fat content of WPI may be of particular importance if you're lactose intolerant, in a cutting phase of your dieting, or on a very low-carb diet. The increased protein concentration also increases the bitterness of the protein so it loses the creamy characteristics typical of many WPCs. That's partially why you see WPI used in fruit-flavored protein drinks, where citric, malic, or tartaric acid can help counter the bitter notes.

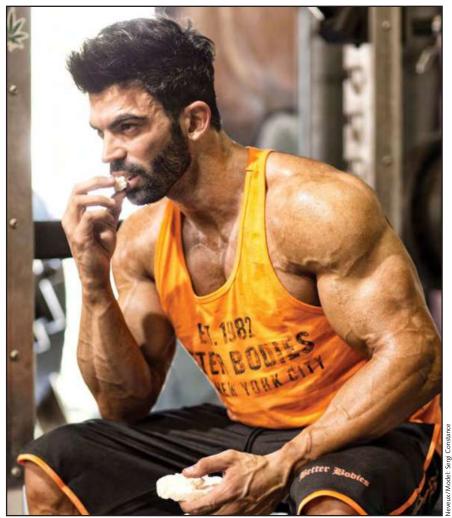
Unlike WPC or WPI, a WPH is most notably characterized by its concentration of small to large peptides, otherwise called its molecular weight (MW) distribution. A WPH is not, however, the "purest form" of whey, as is constantly misstated by self-proclaimed supplement ex-

perts. Through the use of specific enzymes, heat, pH, pressure, and time conditions, the peptide bonds that would otherwise hold together the large protein fractions characteristic of intact WPC or WPI can be broken (hydrolyzed) to yield smaller, "predigested" protein fractions. The percentage of the available peptide bonds that are able to be broken versus the amount of bonds that are actually hydrolyzed is what determines a WPH's degree of hydrolysis (DH). Generally speaking, the higher the DH, the larger the concentration of very small protein fractions and the more bitter tasting the final protein. On the other hand, the lower the DH, the higher the concentration of very large protein fractions and the more similar the final protein is to an intact WPC or WPI.

Although it's been speculated that hydrolysis may reduce certain ben-

"If your goal is simply to increase size and strength, then a quality whey protein concentrate will do the job. However, if you want to increase muscle size and strength while also reducing body fat, then you're better off reaching for a hydrolyzed whey protein."





efits of whey protein concentrate, the majority of the data has instead reported improved physiological responses to moderate- to high-DH WPH versus WPC or WPI. The fact is, a good old-fashioned WPC is incredibly effective at directly stimulating muscle protein synthesis. No WPH that we've tested to date has been shown to be any more effective at stimulating muscle protein synthesis than a quality WPC. However, if you want to increase muscle size and strength while also reducing body fat, then you're better off reaching for a WPH with a moderate to high degree of hydrolysis.

Here are my top five reasons for physique athletes to use a moderate- to high-DH WPH versus WPC:

**1. Jump-Start Fat Loss.** During my PhD dissertation research, I had resistance-trained men consume 30

grams of either a high-DH WPH or a WPC twice per day for eight weeks in a double-blind, placebo-controlled study. What I discovered was that all groups increased muscle mass and strength, but only the WPH group lost significant amounts of body fat. A few years later, Mike Roberts, PhD, of Auburn University and I published a metabolomics study in which we observed that adrenalin (epinephrine) was significantly elevated 30 minutes after consuming a moderate-DH WPH, and that fat and carbohydrate metabolism was quite a bit higher compared to a WPC. This significant rise in epinephrine may explain both the fat loss and protein-sparing response characteristic of moderate- to high-DH WPH, and may also explain the anecdotal reports of greater energy and mental acuity that occured from consuming WPH.

More recently, Dr. Roberts and I published a study in the Journal of the International Society of Sports Nutrition in which we observed a significant fuel partitioning response to a protein blend very high in moderate-DH WPH versus WPC. Specifically, we observed greater effects on both subcutaneous ("visible") and visceral ("organ") fat-burning markers, for up to three hours, in response to the protein blends highest in moderate-DH WPH. The effect was accompanied by a significant rise in thermogenesis markers, and the fat-burning response was highest within the organ-fat tissue, which may indicate an increase in activation of thermogenic, brown adipose tissue. We also observed rises in satiety hormone signaling and the gene expression of what's called the agouti-related peptide (AgRP), which is a neurohormone that's been shown to be responsible for coordinating nutrient partitioning and affecting substrate utilization. All of this supports the mechanisms that bring about improved fat loss, an accelerated metabolism, and a reduction of hunger signaling when restricting calories.

2. Increase Insulin Response and **Sensitivity.** Whey protein provides a potent, non-glucose dependent insulin response. That's incredibly important if you're looking for the anabolic and anti-catabolic benefits of insulin, but without stimulating an appreciable increase in glucose uptake within fat cells. Additionally, when whey or its moderate- to high-DH hydrolysates are combined with carbs, the insulin response is amplified. This insulin-mimetic effect of a moderateto high-DH WPH may have nothing to do with the rate of amino acids entering the body, but instead WPH consumption appears to increase GLUT4 translocation within skeletal muscle. GLUT4 translocation into muscle cell walls is necessary for shuttling glucose into the cell and is a good indicator of insulin sensitivity. For example, 45 grams of WPI or a high-DH WPH vielded similar rates of gastric emptying when consumed by healthy adults under fasted conditions. However, three-hour total and peak insulin response was 43 percent and 28 percent greater for



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If you do have a legitimate milk allergy or experience gastrointestinal problems when consuming whey, then a moderate- to high-DH WPH may be exactly what the doctor ordered.

the high-DH WPH than for WPI, respectively. In another study, carbs plus WPH, when consumed immediately post-exercise, was shown to be significantly more effective at increasing muscle glycogen concentrations than carbs plus WPI or carbs plus BCAAs. Such findings aren't only applicable to rapid recovery, but may also be of significant benefit for persons with borderline or diagnosed type 2 diabetes.

3. Decrease Muscle Breakdown. noticed in my dissertation research that indirect clinical chemistry markers of muscle protein breakdown were significantly lower in those that consumed the high-DH WPH. Then, in our metabolomics investigation, we observed that moderate-DH WPH resulted in a significant reduction in 3-methylhistidine, a direct marker for assessing the rate of skeletal muscle protein breakdown. And in the protein blend study that we just published, we identified anti-catabolic effects at the genetic level—the gene expression of the anti-catabolic marker BAD (Ser 112) was more than two times higher in response to the protein blend highest in moderate-DH WPH versus its WPC. A closer look at the mechanisms involved showed that a moderate-DH WPH provided both a heightened anabolic state and ameliorated muscle protein breakdown. While any form of quality whey protein appears effective at significantly stimulating muscle protein synthesis, a moderate- to high-DH WPH may be more effective at reducing muscle catabolism. This

may be of particular benefit during periods of calorie restriction, highintensity/high-volume training, or in aging bodybuilders or adults.

4. Boost Immune System Support. Whey protein is arguably one of the best proteins to support a robust immune system. These effects are even more pronounced when whey is delivered as a high-DH WPH, whereby the majority of the resulting protein fractions are concentrated within the low MW range. For example, WPH has been shown to be significantly more effective than whey concentrate or casein at positively affecting cell survival, and in a recent review paper, protein hydrolysates were concluded as being "more effectively utilized [to support tissue repair] than intact proteins or amino acids."

WPH has also been shown to increase the body's primary antioxidant, glutathione, as well as provide potent anti-inflammatory and antimicrobial properties. For example, when HIV-infected patients consumed 45 grams of whey concentrate or WPH twice daily, the WPH group realized a 44 percent increase in plasma glutathione versus no increase within the whey concentrate group. After all participants were switched to WPH and monitored for an additional six months, the researchers observed a sustained 26.7 percent increase in plasma glutathione.

5. Reduce Allergenicity. Whey protein allergies are actually quite rare (casein is the more allergenic of the two milk proteins), but they can still occur. However, the reason why moderate- to high-DH WPH is the preferred protein source in preemie and infant baby formulas isn't just because of its improved physiological effects, but also because of its low allergenicity. In fact, research has shown that appropriately high-DH WPH can significantly reduce or even eliminate the occurrences and/ or severity of allergic responses in children. Therefore, if you do have a legitimate milk allergy or experience gastrointestinal problems when consuming whey, then a moderate- to high-DH WPH may be exactly what the doctor ordered. IM

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# **PROTEIN PIONEERS**

By Mike Carlson

Mike and Tony Costello have been in the sports-supplement business for three decades, striving to bring innovation and transparency to the consumer.

"When you look around here, we have like 150 years' combined experience on a senior management level," says Mike Costello, from the Nutrivo offices and lab in Chicago.

If you've ever used protein powder, there's a good chance that Mike and his brother Tony had their thumbs in it. After all, the Costellos are some of the founding fathers of the protein business. In the late 1980s, Mike and Tony created the industry titan Optimum Nutrition, selling the company in 2008. They re-entered the industry with their one-stop shop contract manufacturing business, Nutrivo, and returned to their amino-acid roots with the supplement companies Rivalus and Rule 1, the latter a venture headed by Tony's son, Tony

The Costellos broke into the protein-powder scene before

Protein pioneer Mike Costello in the Nutrivo offices.



the advent of whey, when egg protein was the powder of choice. The brothers found a way to instantize the egg protein so it could be mixed in water without using a blender. (The shaker bottle industry owes a massive debt of gratitude to the Costellos.) This innovation was the first of many and became a calling card for the Costellos.

"The R&D and innovation is really what we are about here," Tony Costello says. "We built a state-of-the-art R&D lab on top of the manufacturing facility, so sales and marketing work directly with the folks in the lab to come out with cutting-edge products. It's that R&D, and the speed to market of those products, that we believe will continue to separate us from the rest of the industry."

It's not just the products that have evolved in the supplement market, say the Costellos. The biggest change is the consumers. Twenty-five years ago, snake-oil salesmen could depend on the customer knowing very little about the product being peddled. Today, the average sports-supplement consumer is incredibly well-informed about ingredients and manufacturing. That's just one reason why the Costellos submit all their products to Informed-Choice, a third-party auditor. They believe that well-scrutinized products aren't just for athletes undergoing drug tests, but an emblem of quality and integrity that all consumers should seek.

"These audits look at your manufacturing processes, your quality-control processes, your record keeping, your retained samples, your swabbing for contaminants," Mike Costello says. "There's a whole inclusive list that goes with the certification. It assures it is being made with the highest standards."

For two guys who have seen it all, the Costello brothers remain remarkably free of cynicism. They talk excitedly about a new leap in whey-protein technology that will debut from Rivalus within the next few months.

"We think there's some great innovation on the horizon," Mike Costello says. "We are really excited about this product. We are about to go one step beyond." IM

# **TIP FROM THE PROS**

"Take the amount of protein per serving and divide it into your serving size. That's the percent of protein you're getting per serving and your first piece of info whether you have a good product or not. Example: If you're getting 25 grams of protein in a 50-gram serving, that's 50 percent protein. What else is in there? If you're getting 25 grams of protein in a 29-gram serving, that's close to 90 percent. Once you know the answer to the percentage of protein you're getting, your eyes should go down to the ingredient statement and look at the order of protein. If your protein is in the 80 percent per serving range, the first ingredient will probably be whey protein isolate. That's the quick back-of the-napkin math you need to do." -Mike Costello, co-founder Nutrivo and Rivalus

# **BIG OIL**

Over the last few years. the fitness community has been going bananas over coconuts. Coconut water is a bona fide craze, and new evidence continues to mount about the health benefits of cooking with coconut oil. An animal study published in the July edition of the journal PLOS ONE examined the difference between subjects who consumed their fat in the form of coconut oil versus soybean oil, which is commonly listed as the ingredient "vegetable oil." In the study, mice were given a diet composed of 40 percent fat. The fat source for one group was soybean oil and the other was coconut oil. Compared to mice on the coconut oil diet, animals on the high soybean oil diet showed



increased weight gain, larger fat deposits, fatty liver, diabetes, and insulin resistance. Mounting evidence seems to suggest that it's wise to limit your intake of vegetable oils (soy, corn, safflower, and sunflower oils) in favor of olive oil or coconut oil, even though the latter is mostly composed of saturated fat.

# DON'T BE COLOR BLIND

A color-blind diet can eventually hamper your eyesight, says a recent study from the publication *Nutrition Research*. Scientists have long believed in a link between phytochemical intake (plant-based antioxidants and nutrients) and eye health, but observations between two Amazonian tribes has made that connection even



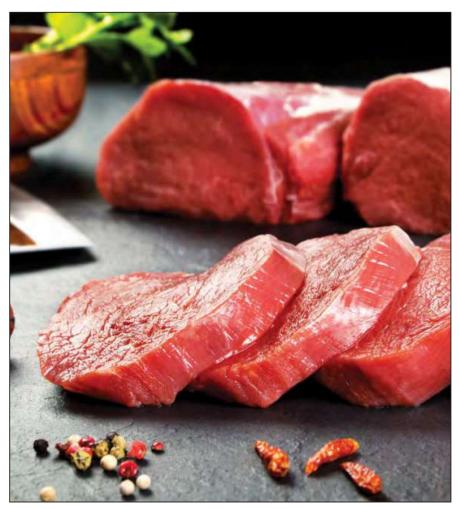
more certain. The widely varied diet of a hunter-gatherer culture, whose members ate 130 different food species, was compared to the food intake of local farmers who ate only 63 different foods. Researchers noticed an unusual absence of juvenile-onset vision problems in the hunter-gatherers, and far better visual acuity in the aging members of that culture compared to the tribe of farmers. The results suggest that eating a wider variety of plant foods, and thus a greater spectrum of phytochemicals, may help maintain eyesight and prevent degenerative eye conditions as we age. And admittedly, eyesight can't be the only thing that benefits from a lifelong healthy and varied diet.



# **BULLISH ON BEEF**

By Gabriel Wilson, PhD, CSCS

A new study sheds light on the anabolic properties of an overlooked protein powder.



New research substantiates what bodybuilders have known for decades: Beef builds muscle and strength. A groundbreaking clinical study presented at the 2015 International Society of Sports Nutrition (ISSN) conference in Austin, Texas, showed that hard-training athletes who consumed beef protein isolate (BPI) gained an average of 7.7 pounds of muscle mass, while increasing their strength and dropping significant amounts of body fat.

Researchers gave test subjects either a specific beef protein isolate (BPI), whey protein, or maltodextrin (placebo control) daily for eight weeks while they exercised five days a week. Subjects taking BPI averaged an impressive 6.4 percent increase in lean body mass. In contrast, the placebo group did not significantly improve their lean body mass from baseline, while whey protein increased lean body mass by 5.5 percent. The study also showed that test subjects who took BPI, whey protein, or placebo significantly increased their total strength by 20.3 percent, 17.5 percent, and 13.7 percent, respectively from baseline. Finally, only BPI was able to significantly decrease body-fat mass, while whey protein and placebo control did not alter body-fat percentage.

These impressive clinical findings validate the muscle- and strengthbuilding power of beef protein isolate. When considering these results, it's important to understand the anabolic nutrient profile of beef. For starters, beef protein supplies a rich source of essential amino acids and branched-chain amino acids (BCAAs) that are important for "triggering" muscle protein synthesis. In addition, new research shows that beef protein may contain growth factors and immunoglobulins that increase anabolic hormones such as GH and IGF-1, thereby supporting muscle growth.

The scientists conducting this study hypothesized that the favorable benefits of BPI may be related to stimulation of muscle protein synthesis and activation of the anabolic mTOR signaling pathway, which regulates protein synthesis. This hypothesis was supported in a subsequent cell culture trial, which demonstrated that BPI supports superior mTOR activation relative to whev protein.

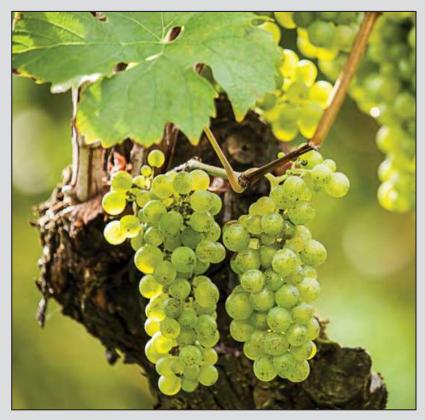
This is exciting news for athletes looking for a research-supported, low-allergen, clean, and pure protein. The beef protein category is only in its infancy and was initially launched back in 2007 when MuscleMeds introduced Carnivor, the world's first beef protein isolate (now available in RTDs, bars, and brownies). Today,

beef is the fastest-growing protein in the market.

BPI offer an amazing alternative to athletes looking to benefit from the muscle-building power of beef without the unwanted calories that come from steak or the allergens that come from whey or casein proteins. It is also an excellent alternative for adherents of the Paleo diet or anyone looking to avoid milk. Because of its advanced extraction, clarification, hydrolysis, and isolation technologies, Carnivor BPI has greater amino-acid concentrations than milk, soy, or egg. Additionally, this extremely pure beef protein supplement is gluten-free, lactose-free, and contains zero fat, zero cholesterol, and zero sugar.

Simply put, no protein has stood the test of time like beef. At no other time in history has this been truer than with the development of fast-digesting BPI supplements. Athletes now have a number of convenient, delicious ways to consume beef protein on a daily basis. Furthermore, because BPI is rapidly digested, it is especially effective pre-workout, post-workout, and at breakfast. For more information on Carnivor, visit MuscleMedsRx.com. IM

# **LIVE LONGER FOODS**



Flavonoids is a category of naturally occurring antioxidants that includes isoflavones, anthocyanidins, flavonols, flavones, and more. Scientists at the University of Western Australia conducted an epidemiological study and discovered that a high-flavonoid diet dramatically reduces your risk of dying. Researchers followed the diets of 1,063 subjects who were all over 75 years old. They were organized into low-, medium-, or high-flavonoid consumers. During the course of the observation, 17 subjects from the low-flavonoid group passed away, while only five people from the high-flavonoid group passed in the same time frame. (The moderate groups lost 13 subjects.) Researchers suspect that foods rich in flavonoids exert protective effects against cardiovascular diseases and certain forms of cancers. The most consumed flavonoid subgroups were flavanols (found in berries, tea, chocolate, apples, grapes, and red wine) and flavonois (found in broccoli, kale, cranberries, sweet cherries, yellow onions, and berries).

# PREDICTION? PAIN RELIEF.

Muscle pain can be an occupational hazard of hardcore training, the price of admission for a healthy body and muscular physique. But living with pain can also be a real ... well, pain. One promising avenue of relief is extracts from the natural spices ginger and turmeric, both of which are from the Zingiberaceae family. A recent meta-study published in *Nutrition Journal* examined 18 different clinical trials and found that these extracts relieved pain in nearly every instance. The spices were found to be more effective in higher doses, approximately 1,500 to 2,000 milligrams a day. Best of all, the safety record for these natural remedies are far better than that of non-steroidal anti-inflammatory drugs such as aspirin, ibuprofen, and naproxen.



# M | GO PRO

# ○ The Benefit Of My Mistakes by Thomas DeLauer

A fitness professional shares six lessons he had to learn the hard way



Some people are blessed to build a killer physique more easily than others. Some are impervious to temptation while others have genetics that let them recover more quickly from workouts. But one thing that we all have in common, regardless of diet, strength, and willpower is that we all make mistakes. But mistakes are what allow us to become more refined, better versions of ourselves. If it weren't for these pitfalls, there would never be any room for growth, figuratively and literally!

Here are six critical mistakes that I made during my years of training and some ways that you can avoid them to be the best that you can be, every day.

# Don't Lift So Heavy

One of the most important things that I wish I had learned earlier in my career was the simple concept of not lifting too heavy too often. I'm not even 30 years old, but I've already begun to feel the repercussions of going overboard on squats and bench presses when I was in my 20s.

We are instructed to lift heavy if we want to have muscle growth, so avoiding heavy lifts seems counterproductive, right? Wrong. What I learned was to lift heavy relative to the muscle. What I mean by that is there is a difference between taxing the quads during squats and taxing the entire body during squats. Keeping constant tension on the muscle—through slower reps, partial reps, and not always bottoming out at the end of a movement—allows you to go heavy, but with stress on the muscle and not on the joints.

# **Neglecting The Rear Delts**

With every client that I have ever worked with, I find that the rear deltoids are always targeted at the end of the shoulder workout. Making your rear deltoids an afterthought is a mistake. I went years training my rear deltoids at the end of my workout and it caused me to suffer from some serious anterior (frontal) development

compared to my posterior (back). This led to problems for me, both aesthetically and functionally, that took years to fix and time away from other body parts that needed the attention.

My suggestion is to train your rear delts first. In fact, the fun thing is that the pre-exhaustion of the rear deltoids allows you to get more focus on the lateral head of the shoulder (the key to achieving that bold round look) during the remainder of the workout. This same principle applies for any problem areas. For example, I now train my calves before ever stepping into the squat rack.

# **Too Many Protein Shakes**

I built my body on whey protein. Seriously, I used to drink four or five shakes a day, and I wondered why I wasn't developing full, well-rounded muscle bellies. If only I had dis-

# IS A MINDSET









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Early on, I was a pretty chunky 275 pounds. It took me a while to get lean and stay that way. This caused me to become somewhat obsessed with my body fat, which resulted in staying on a very strict diet for an extended period of time.

covered the power of eating good old whole-food proteins earlier in my career, I would probably have a lot more density and be closer to where I want to be. What many people don't realize is that specific proteins build specific types of muscle tissue. Rotating your source of protein can actually help develop a well-rounded muscle when it comes to density and size.

My best solution for fixing an unhealthy addiction to whey protein shakes would be to wean yourself off of them slowly and only use them when absolutely critical. The best times to have whey protein shakes are first thing in the morning and immediately post-workout. Remember, they are called supplements for a reason.

# **Dieting For Too Long**

This is one that I still pay the price for to this day. Early on, I was a pretty chunky 275 pounds. It took me a while to get lean and stay that way. This caused me to become somewhat obsessed with my body fat, which resulted in staying on a very strict diet for an extended period of time. Where I apparently missed the memo is in that fact that dieting that hard for that long can be detrimental to your health and your long-term ability to stay lean. I am still battling a

slowed metabolism from keeping my calories low for an extended period of time.

What I have found to work the best is to incorporate regular cheat meals into your diet to restore leptin levels as well as stimulate the thyroid and overall metabolism. This can be a mental challenge for those of us who are chronic dieters, but just know that by simply adding a surge of calories now and then, you are likely keeping yourself leaner by doing so.

# Hating On Cardio

I'm probably going to upset some people with this one! I know how much we all love to hate cardio, but the simple fact of the matter is that it's good for us and it does help us achieve maximum results. Growing up, I loved cardio and it was a challenge for me to eliminate it from my routine when I was bodybuilding and overly concerned with sparing muscle mass. Sure enough, over time I found my progress slowly dwindling. If I could have maintained my cardiovascular endurance while adding muscle mass, I would've been able to effectively stay leaner at a much larger size. Instead, I took the road most traveled and got rid of much of my cardio.

So how can you keep cardio in the mix without totally losing muscle mass and tone? Don't worry about it so much! It has become my observation that so many people stress about doing too much cardio that they cause themselves more tissue damage and stress by worrying than they do from the cardio in the first place. This doesn't mean go out and run a marathon, but go out and do what feels natural. And better yet, don't be afraid to get out and enjoy life, even if it means it involves cardio. Which brings me to my last and final mistake....

# Don't Let Fitness Run Your Life

"Fitness is a lifestyle." We hear it time and time again. I used to eat, sleep, and breathe those words. We are led to believe that if you don't adopt a full-blown fitness lifestyle, that you can never achieve the body that you desire. The fact is, this couldn't be further from the truth. I used to sacrifice so many beautiful things in life for the sake of my fitness. I'm talking about missing out on simple adventures with my family, or avoiding certain athletic activities because I didn't want to waste recovery energy. This was no way to live! The purpose of being fit and looking great is so you can showcase it and utilize it, not just look good while you're in your house eating and meal prepping. The most amazing thing is that my best gains and progress came when I stopped stressing out about fitness and let it become a naturally exciting interest that jived with what my life was all about. IM



Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."

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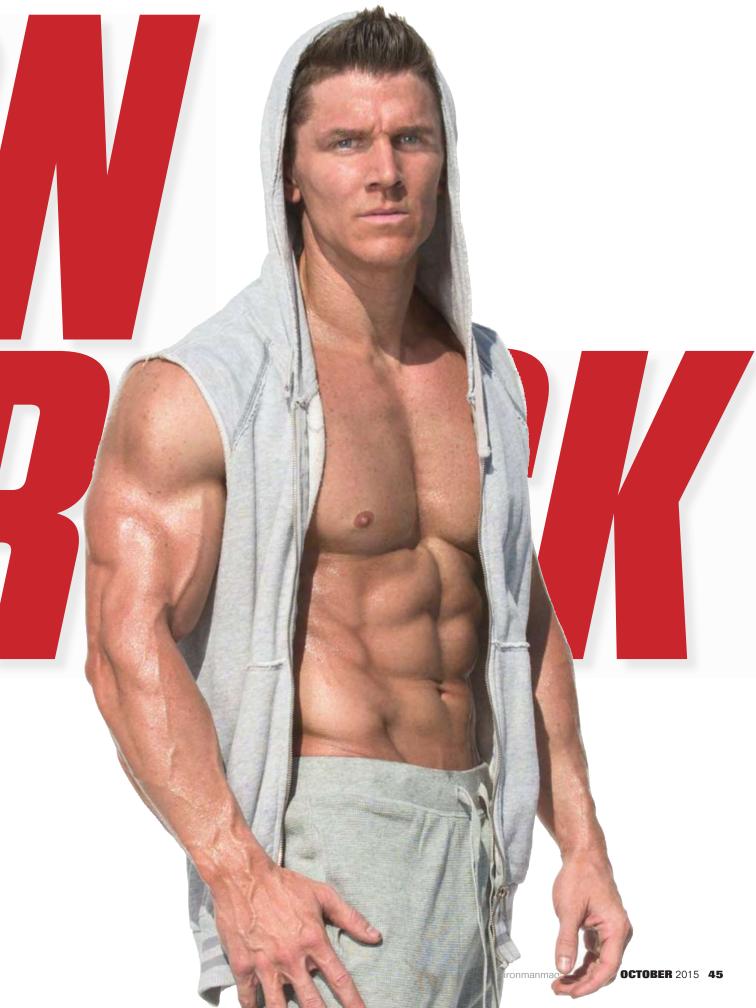


# When Jason Wittrock found the odds stacked against him, he doubled down on his passion for fitness and won.

by Mike Carlson Photography by Binais Begovic

**Salvation. Reinvention. Intervention.** Over the last 20 years, fitness has meant many things to Jason Wittrock. It was the solace born from countless sit-ups and push-ups in his child-hood bedroom. It was the spark that ignited a passion that has been the foundation of his career. And it was the key that let him open the door and shine light into minds that were lost and lonely and searching.

Now 33, the spokesperson, model, and personal trainer faces another sea change as he recently relocated from Atlanta to Los Angeles. The venue is different, but Wittrock's mission remains the same: to utilize his contagious enthusiasm and powers of communication to give people what they need to change their life.



# Iron Man: How did your journey in fitness begin?

**JW:** I had a fascination with weights at a very young age. Growing up. I struggled dealing with things that were out of my control, and for some reason sitting in my room for hours lifting dumbbells and doing pushups and sit-ups gave me an escape and made me feel in control. I got a gym membership as soon as I was old enough. One day at the gym I was approached by my high school wrestling coach, and he told me I needed to pursue wrestling. I was hooked immediately. Wrestling taught me about hard work, dedication, and persistence. The teachings I learned from wrestling have helped me tremendously with my fitness career.

# IM: What were the things you dealt with as a child?

JW: I was a kid watching my parents go through a divorce. I didn't understand it and I had a hard time dealing with many of the changes that came afterwards. I unfairly blamed my mother and questioned everything she did. I was a total asshole. I got grounded a lot because I acted out. I would spend hours and hours in my room, and would do push-ups, situps, and come up with random stuff to do with dumbbells. It was like I was in prison [laughs]. I knew nothing, just that I loved how it made me feel. I loved the pump before I even knew what it was.

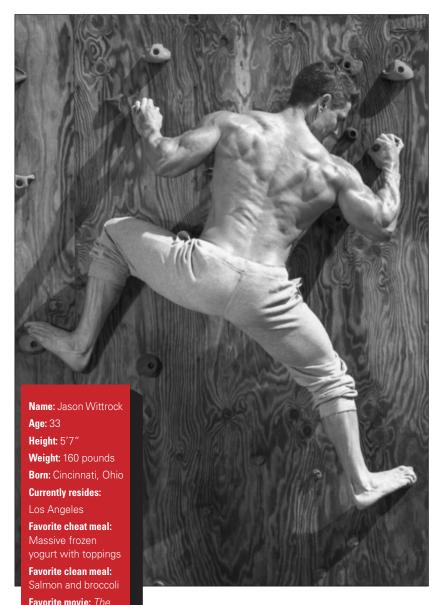
# IM: What kind of build did you start with?

JW: I'm definitely a mesomorph. I've always been able to build muscle quickly and stay very lean. Also, growing up as a wrestler, I learned how to fine-tune every aspect of my body. I can honestly say I've mastered my body.

# IM: You see a lot of former wrestlers find success in physique competitions, CrossFit, and almost anything to do with fitness. Why is it such a great physical platform?

JW: Playing sports is about conquering adversity. There is no other sport that nurtures that like wrestling. That third period comes up in wrestling, you can't breathe, your heart and lungs are burning, and you are down two points. What are you going to do? You dig deep and push through. That translates really well into fitness.

# I learned how to fine-tune every aspect of my body. I can honestly say I've mastered my body.



# Goonies IM: How did you decide to make fitness your Last book read: The profession? Prince by Niccolo

JW: It sounds terrible, but I think I have a gift. And to be honest, I almost wasted it away. I didn't wrestle in college because I was over it. I did all kinds of stupid stuff, and I didn't train for about seven to eight years. After I graduated I was concerned with being an entrepreneur. I thought it was the only way people were going to accept me—if I started a business and made a lot of money. I created a semi-successful business in the coupon magazine industry. But when Groupon came on the scene, the whole business started to go downhill. I made the decision to sell the company and get out. I was 28, I had a little bit of money from selling the business, but I didn't know

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what to do, so I went back to the gym. It took me about three days in the gym and I thought, "This is it. This is my passion."

# IM: Explain how you went from that point to the cover of this magazine?

JW: I just started grinding and word traveled fast. Within a year I had a huge clientele base. Then the Men's Physique game opened up. I jumped into that and won a few shows in Atlanta, I wasn't that concerned with competing, though. I entered the 2015 BodySpace Spokesmodel Search for Bodybuilding.com, and that changed my life. I got fourth place, but in the end it feels like I won. They signed me onto the team. Then I came to L.A. to do a photoshoot with Iron Man, and afterwards I sat down with Binais [IM owner], and he explained his vision for the future of the industry and how Iron Man was positioning itself to capitalize on new trends. I sensed a huge opportunity and told him I would do everything it took to be part of his vision.

# IM: The "Internet fitness celebrity" is an impacted market these days. How do you stand out?

JW: My strength and passion is helping clients in person, one-on-one in the gym. I have a very close relationship with my private clients, and they are part of my family. When I'm with them in person, I'm able to read their behavior and pick up cues as to how they're feeling and progressing, and I can make adjustments based on that feedback. As an online coach, that's much harder to do.

# IM: What does a training week look like for you now?

JW: I train six days per week, and rest on Sundays. My typical training split is chest/back, legs, arms/shoulders repeated over six days. I train my abs after every workout, and a few days per week I do a Tabata program. That's the only cardio I do. I'm able to achieve my physique by controlling carb intake and training with intensity.

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# IM: What was an "aha" moment for you?

JW: That moment was definitely when I learned the role carbohydrates play in fat accumulation. Back in the day when I needed to lose weight for wresting, I simply starved myself and could lose 10 pounds in one week. I always assumed that the reason people gained weight was because they ate too much food and didn't exercise enough, Calories in versus calories out, But when I entered the fitness industry, it became clear that people gain weight because they eat too many carbs, which raises blood glucose levels and causes the body to secrete insulin. Simply put, excessive consumption of carbs leads to insulin resistance, which then leads to obesity. When I found this out, I couldn't help but think about the millions of people who had tried undereating to lose weight, failed, and gave up.

# IM: Tell me about your own diet.

JW: I follow a carb-cycle approach. I do two low-carb days and one high-carb day. I'll eat 50 grams of carbs or less on low-carb days. I increase my fat intake on low-carb days to about 150 grams, mostly from eggs, nuts, cheese, and avocados. On high-carb days I'll eat 150 grams of carbs all from good sources: sweet potatoes, bananas, oatmeal, and all sorts of vegetables. I lower my fat on high-carb days, but my protein always stays the same. I get 160 grams of protein a day because that's about what I weigh. I created a program called 28toGR8, which is online and details my whole carb-cycle strategy and workout plan.

# IM: You make it sound easy.

JW: Wrestling gave me the idea that food is just nutrients to power me. I have never had an emotional connection with food. I never worried about getting bored with what I ate. Food was food. Now I learn things about food and apply them right away instead of getting emotional about it. Chicken, broccoli, and rice are good for me? Great. I'll eat it five times a day. I don't care.

# IM: One of your passions is training people who live with mental illness. How did that come about?

JW: I was involved in a study conducted by a doctor in Atlanta named Ray Kotwicki. His patients suffer from severe mental illness such as bipolar disorder, schizophrenia, and depression. They take special medication that unfortunately often causes weight gain and ultimately leads to cardiovascular disease. The study was designed to measure the effects of a carb-restricted diet and physical exercise on people with mental illness. I was brought in as the lead personal trainer and worked with kids every day in the gym. I was used to training clients who wanted bigger arms or six-pack abs. Now I was training people who were fighting for their life and only wanted to get through another day. The experience changed my life forever.





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# IM: What's something you dislike about the fitness industry? JW: When you train people with mental illness, you see exactly what fitness can do to help people. Then you get kind of disgusted when you see how superficially others treat fitness—people who get impatient because they aren't shredded in two weeks. They're not trying to better their lives or trying to live longer or be happier; they just want to look a certain way so they think they can be accepted. IM: What's next for you in terms of the fitness industry? JW: My goal is to help inspire, help motivate, and be a part of as many people's lives as possible. I love that aspect of it. I don't care about being an IFBB pro. I want to help people change their lives. I get more satisfaction out of helping people feel better about themselves than winning shows. IM: What does the move to Los Angeles mean to you? JW: It's an opportunity to grow, learn new things, and be part of something exciting. I'll be in a position to capitalize on new opportunities. Sure, there are risks, and I'll be out of my comfort zone in the beginning. I have two tattoos on my body that read, "fortune favors the bold" and "the biggest risk of all is not taking one." I have lived my entire life according to those two principles. IM "I have two tattoos on my body that read, "fortune favors the bold" and "the biggest risk of all is not taking one." I have lived my entire life according to those two principles." OCTOBER 2015 | ironmanmagazine.com



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CHIE

# BI'S AND TRI'S

BY NICK NILSSON | PHOTOGRAPHS BY MICHAEL NEVEUX

**IF YOU WANT BIG ARMS THAT STAND OUT ONSTAGE, ON THE BEACH, OR JUST WALKING DOWN** the street in a T-shirt, normal training is not going to cut it. You need training techniques that maximize the growth of every available muscle fiber in your biceps and your triceps: type I, type IIa, and type IIb. This can be done with a merciless program of range-of-motion triple add sets followed up with another superset of specialized extreme-stretch exercises.

Your arms won't know what hit them.



# **SWELL AND STRETCH**

By now, you've undoubtedly used triple drop sets: performing a set to fatigue, reducing the weight, performing another set, reducing again for a final set.

Those can be effective; however, the main criticism with drop sets is that they fatigue the same set of muscle fibers all the way through, which misses the mark on full fiber development. What's more, the resistance you're using decreases as the set progresses, which diminishes the growth stimulus. That's where "add sets" come in.

With an add set, instead of reducing the weight, you actually place more weight on each phase of the set, starting light and going progressively heavier over the course of the exercise. This targets different muscle types during each phase.

It sounds completely counterintuitive, yet this technique is very effective. The only problem is you're constantly forced to change the weight either yourself or with the help of a spotter to continue the set. To circumvent this obstacle, you're going to keep the weight exactly the same but increase range of motion to the exercise instead of the load.

SIIPFRSFT 1

# **RANGE-OF-MOTION TRIPLE ADD SETS**



EXERCISE 1A BARBELL CURL

Grab a barbell with a weight that you can use for a full-range set of approximately 12 reps. Curl it up to the top position. Now perform very short partialrep movements for as many reps as you can. The range of motion should be just a few inches at the top. This portion should entail at least 30 reps, and you can use a fairly fast pace for these. Make sure you keep solid tension on the biceps the entire time. This first phase works the type I slow twitch muscle fibers that are targeted for endurance and will also mimic blood flow restriction training most effectively.

When you've completed as many reps as you can, set the bar down and rest 10 seconds. Pick it up again and "cheat curl" it to the top position. In this next phase, you're going to start at the top and lower the bar to just above 90 degrees of elbow flexion, which is the sticking point for most people. This should be a slower, more controlled movement than the first part. Lower the bar, then pause at that mid-range

position briefly before curling it back up without momentum, focusing on squeezing the biceps hard. This phase works the type IIa fast twitch muscle fibers.

When you've completed six to eight reps (or as many as you can get), set the bar down and rest for another 10 seconds again. The final phase is going to be full-range curls. What began as a weight you could get 12 to 15 reps with will become a gut-wrenching struggle to get just three reps.

You've pre-fatigued your biceps, which means that the entire range of motion will be essentially a constant-tension strength test the whole way up. You'll feel a massive contraction in your biceps as your body recruits more motor units and muscle fibers in order to move the weight.

Perform as many full reps as you can with good form, but not necessarily strict form, focusing on powering up the weight with intense muscle contraction and minimum momentum or body movement.













INGREDIENTS









We all know the best part of a set is the last few reps, when your muscles are screaming and you're pushing yourself to the limit. Now imagine hitting this phase with progressively heavier loading and increased tension rather than diminished loading and tension, which is what happens in a drop set.

To specifically target the arms, we'll use the barbell curl and the triceps pushdown. You'll superset these two exercises in triple add set fashion, starting with barbell curls and immediately going to pushdowns. By the time you finish the training, your arms will be completely swollen with blood.

# EXERCISE 1B

# → TRICEPS PUSHDOWN

Just like the biceps curl, this weight should be something you could normally use for 12 reps of full-range training. The first phase will be very short range of motion near the contracted position to target your type I muscle fibers.

Attach a straight bar to a high pulley. Push down into the bottom position. Let the handle come up a few inches, then push back down. That is your first rep range. Perform as many reps as you can in this range, aiming for at least 30 reps or more. When you've finished, let the handle up, rest for 10 seconds, then start the next phase.

Push the bar down into the bottom position again. Then let it come up to just below the sticking point, which, like the barbell curl, is elbows bent at 90 degrees.

Now perform reps in that range with strict form and a controlled movement. Aim for six to eight reps (or as many as you can get). Use a deliberate movement with no momentum and a hard muscle contraction at the bottom of every rep. When you're done, rest 10 seconds, then prepare for full-range reps.

Some body movement is okay here in order to get the reps. Just like in the barbell curls, you'll be pre-fatiguing your muscles in the stronger range of motion before you hit this full-range movement. Make sure you're using a powerful pushdown movement to activate those type IIb fibers, aiming for one to three reps. Rest for one minute before beginning Superset 2.





Not only are you going to get the benefits of working all the muscle-fiber types in your biceps and triceps, the massive influx of blood has several notable benefits as well. Why is this important? For one, it will improve microcirculation in the muscles, which helps set the stage for more efficient nutrient and oxygen transport, which directly improves growth capability in muscles.

Secondly, continuous tension, partial-range training works very much like blood flow restriction training (also known as occlusion training), but without requiring the use of cumbersome knee wraps or blood pressure cuffs. Blood flow restriction training has been proven to be very effective for triggering hypertrophy.

After you've fatigued pretty much every muscle fiber in your upper arms in the first superset, we're going to follow it up by loading the biceps and triceps under extreme stretch for a massive growth stimulus.

This form of stretching can help increase muscle growth by activating satellite cells, along with releasing anabolic growth factors, such as IGF-1 and myogenin, a special protein that is involved in muscle repair. These benefits will help multiply the growth stimulus you get from the triple add sets. You've just had a massive influx of blood to the biceps and triceps, and now we're going to flood the muscles with those anabolic growth factors.

# **EXTREME STRETCH EXERCISES**

The first superset is going to activate and work every muscle fiber in your upper arms. Then the second superset is going to target the extreme stretch position of the biceps and triceps to shock them into maximum growth. Perform this superset twice, resting for one minute between supersets.

**EXERCISE 2A** 

# → BACK-OFF-BENCH INCLINE DUMBBELL CURL

The setup for this one is simple. Instead of sitting on the seat of the bench, set your feet on the seat and sit halfway up the bench so that your upper back is hanging off the top edge. Lie back so that your chest is forced out and your arms get pulled down and back by the weights.

This change in position adds a stretch to the biceps at their origin (in the shoulder), whereas normal incline curls stretch primarily at the insertion in the forearm. This means you're stretching the biceps from both ends instead of iust one.

Perform these curls for six to eight reps, pausing in the bottom position for two to three seconds on each rep. At the bottom of the curl, make sure you keep your hands supinated (palms forward) to maximize the stretch on the biceps.









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¹Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015



This short but brutally effective workout most likely represents a different stimulus than what your bi's and tri's usually get on arm day. For best results, try this once a week for four to six weeks, increasing the loads by five to 10 pounds once you're able to get more than three reps on the final part of the add sets. After that, return to your usual style of arms training. Moving forward, you can sub this in on arms day every three weeks or when you need to break out of your rut to avoid stagnation. IM

**EXERCISE 2B** 

# BODYWEIGHT TRICEPS EXTENSION

To perform this exercise, you'll need a bar or railing that's about two to three feet off the ground. I recommend either a Smith machine bar or an Olympic bar on the hooks of a power rack.

Set your hands on the bar with a pronated grip (palms down) about six inches apart. Walk your feet back until they're about three to four feet away from the bar. Your body will be almost horizontal.

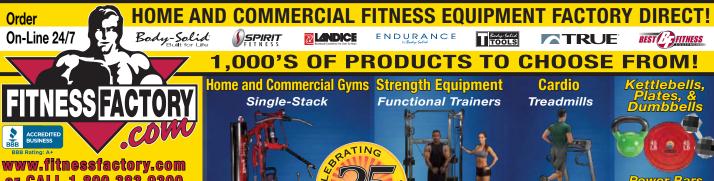
Now, keeping your elbows tucked in tight beside your head, bend your elbows and duck your head under the bar, performing an extension movement. At the bottom, hold that peak stretch position of the triceps for a few seconds, then push vourself back up to full extension.

Aim for six to eight reps of this exercise. If you need to adjust the resistance, moving your feet in closer (or raising the bar) makes it easier, while moving your feet out further (or lowering the bar) makes it more difficult.

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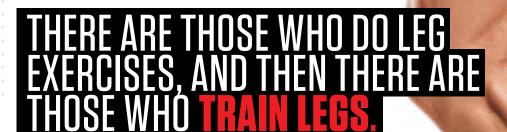
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IF YOU ARE ABLE TO MAKE FRIENDS WITH DISCOMFORT, THIS WORKOUT FOR YOUR LEGS AND GLUTES IS FOR YOU.

PHOTOGRAPHS BY MIGHAFI NEVELIX







The first group—the type that goes to the gym to do a few "bro sets" of leg presses followed by machine leg curls and machine leg extensions—aren't maximizing their potential. Those people are going to have a training career filled with bewilderment over why their legs don't see any development.

The people who love training legs are the ones who have embraced the sheer difficulty of it. I will freely admit that I hate training legs. But because of that hatred I have forced myself to do some of the most uncomfortable exercises to help them grow.

There is one problem for me that is hard to overcome: I am tall with long legs. This means the normal "squat all day" strategy doesn't work for putting on size. Back squats don't target my quads as well as front squats, and going heavy does little to add size unless I do a ton of sets to add volume. I need to overdose on volume to get my legs to grow.

I created this workout as an alternative to grinding through a mind-numbing number of sets and reps. It has helped numerous clients of mine add size to their legs in between blocks of training that are focused on developing strength. In fact, this program carries over very well when it's time to shift the focus back to strenath.

This workout starts off by pre-exhausting the legs. In this case, I use a superset to prime the legs for the heavier loads to come in the session. Pre-exhausting your legs before doing squats is hard, front squats are brutal, single-leg presses are difficult, and singleleg Romanian deadlifts are absolutely humbling. Top that off with barbell hip thrusts, which can be very uncomfortable when an iron bar is digging into your hips, and you have a training session that is full of adventure for the majority of us who look at leg day as a curse.

Do this for a month and perform it correctly and I bet you will not only see some differences in your legs, you will also be more comfortable doing the uncomfortable exercises you have avoided in the past.

All reps listed for single-leg exercises are per leg. This means you will perform 24 total reps per set of the Romanian deadlift. Rest periods are to be taken between full sets. Do not take any rest between using the left and right side on a single exercise. Rest only after performing sets for both the right and left legs.

EXERCISE	SETS	REPS	REST
1A. Dumbbell Reverse Lunge superset with	3	15	0
1B. Dumbbell Jump Squat	3	8	45 sec
2. Front Squat	3	8	60 sec
3. Single-Leg Romanian Deadlift	3	12	45 sec
4. Unilateral Leg Press	3	15	60 sec
5. Barbell Hip Thrust	3	10	45 sec



### **SUPERSET**

### DUMBBELL REVERSE LUNGE AND DUMBBELL JUMP SQUAT (NOT PICTURED)

For the first exercise, you will hold a dumbbell in each hand at your sides at arms' length. Take a deep step backward until your front knee is bent 90 degrees and your rear knee almost touches the floor. Push off through the front heel and return to the starting position. Alternate legs as you perform 15 reps per leg. Don't go too heavy on this exercise. You don't want to push this to failure. The purpose is to get your quads warm and add stimulus to your glutes and hamstrings.

Once you finish this exercise, immediately transition into the jumping squat for eight reps. With the dumbbells in the same position as in the lunge, descend slowly into a full squat and explode upward into a jump. Land and repeat. Be sure that when you land, you reposition your feet



where you need them to be. Don't perform this for speed. Take your time and do them correctly.







### SINGLE-LEG ROMANIAN DEADLIFT

This is a very hard exercise for many because of the balance that is demanded, but they are an absolute killer for your hamstrings and glutes and deserve a place in your training repertoire. Not only do they target the posterior chain very well, they are also much easier on your lower back than a good morning or a

standard Romanian deadlift.

To perform these with the left leg, grab a dumbbell or kettlebell in your right hand and let it hang. You may use a power rack to balance yourself, but don't grab the rack in an effort to add some help to the exercise. Keep your left leg firmly planted while hinging your hips backward and bending over with the weight in front of

you. Use your right leg for counterbalance by letting it rise behind you while keeping it as straight as possible. Switch hands with the dumbbell and do the other leg immediately after you're finished with the first leg.

The key thing to remember here is that you don't just fold at the waist, you push your glutes backward while bending

over. This is called a hip hinge, and it's an important move to master since it occurs in deadlifts, kettlebell swings, good mornings, and many of the Olympic lift variations. The basic hinge action is the same in all of them, except here you're doing it with just one leg.



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### FRONT SQUAT

This is the preferred squat for building quads. You are more upright, your feet stay closer together, you descend deeper, and it can be done by almost everyone with minimal instruction.

The key is to find a weight that you can do for eight moderately difficult reps and repeat it for three sets. If you find the first set is too heavy, you will fail before you hit eight reps on the last set. Since your legs are already warmed up from the previous superset, you don't need to take as long to find a working weight as you would if you started off the session with squats.

Exercise cadence is important here. The point of this training is to build muscle first and foremost, so if you're flying through a set quickly, you aren't getting the full effect of the exercise. Descend for a three-count and move the bar up for a controlled two-count. Do not move explosively; keep the weight under control.

At the top of the exercise, don't come to a full stand. Instead, keep your knees slightly bent and immediately continue into the next rep. This will help keep more tension on your quads, therefore making this exercise harder. Yes, harder. Building muscle isn't meant to be easy.







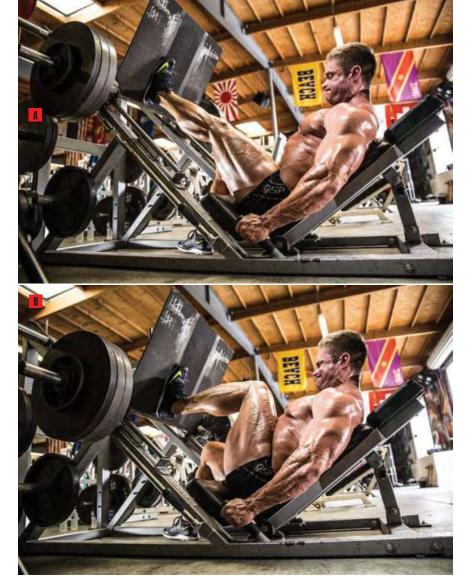
### **UNILATERAL LEG PRESS**

I prefer these over the traditional leg press for a few reasons. First, because it is vet another unilateral exercise that's harder than the normal version. Second, it is much easier on the lower back than the regular leg press because you aren't going to compress your lumbar area with a singleleg press. Third, these not only work your quads very well, they also hammer your glutes, which are forced to do some of the work for you.

You will want to perform these presses with about half of the weight you can do for 15 reps, and even that may be too much to start off. Place your foot in the center of the platform. If you are doing these with the left foot, keep it a little to the left side of the platform, and the same goes for the right. The non-training leg can be laid out in front of you under the platform.

Unrack the weight and lower it with a three-count while pushing the weight back up with the same count. The super-slow cadence here is going to add another element of pain to this, so be sure to err on the side of going too light rather than too heavy. At the top of each rep, don't lock your knees out. Keep tension on your quads by avoiding that, and it's also safer for your knees.

By now your legs will be fully exhausted if you have done this sequence correctly, with proper form and using the recommended rest times and exercise speeds.



### BARBELL HIP THRUST

Sit on the floor with your back to a bench and a barbell in front of you loaded with a moderate weight. You can have a towel or pad wrapped around the center of the bar to protect your hip bones if needed (you probably will need it).

Lean back against the bench so your shoulder blades touch the pad. Now roll the bar toward your hips and center it over yourself. Feel free to place your hands on the bar just outside of your hips. Bend your knees with your feet flat on the

ground. Keep your feet slightly wider than your hips. Dig your shoulders into the pad and get ready to thrust.

Push through your heels and thrust your hips upward until your hips are in full extension. Flex the glutes for a long second and then slowly return the bar to the ground. Let it come to a complete stop between evey rep. It is imperative not to use this exercise as a means to show off strength. If you go too heavy, you will have a very hard time achieving full hip extension, and that defeats the purpose of it.





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# GO FISH

The benefits of supplementing with omega-3s just keep adding up

BY JENEVIEVE ROPER, PHD, CSCS

### WITH ITS MYRIAD OF HEALTH BENEFITS,

it's no wonder that fish oil supplements seem to receive more and more praise every year. These little gel caps have become a foundational supplement, something that every person should be taking, whether they're competing on a stage, in a race, or simply competing in life. Not only are they good for your heart, but they have some other aesthetically pleasing benefits that you may not have known about.

Fish oil supplements contain the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These two polyunsaturated fatty acids are found in fish, especially shellfish, salmon, sardines,



and mackerel. Non-fish eaters can consume certain vegetables that contain a-linoleic acid, which converts (albeit, not very efficiently) to EPA and DHA upon digestion. Since the typical Western diet falls short of reaching the recommended amounts of EPA and DHA—and that deficit can become even greater for those following a vegetarian/vegan dietsupplementation is recommended and practically required for anyone who is serious about their health and physique.

### **MUSCLE HYPERTROPHY**

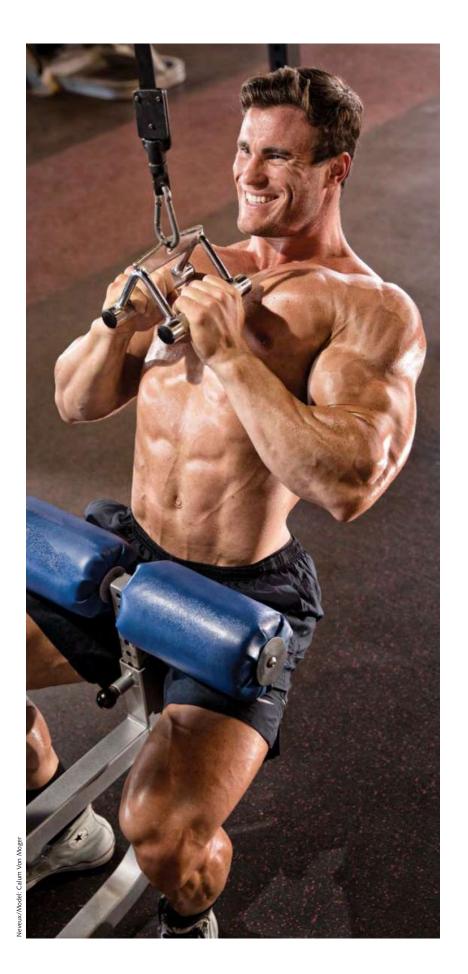
Now I'll admit when I heard about this, even I was somewhat skeptical. We all know about how great fish oil is for your cardiovascular system, but good for muscle fibers? Well, believe it or not, omega-3 fatty acid supplementation has been linked to increasing protein synthesis. In fact, just a few years ago a first-of-its-kind clinical trial was performed to determine if and how fish oils increased protein synthesis.

To be fair, the study was done on older adults, but the results are still meaningful. The omega-3 fish oil supplementation stimulated muscle protein synthesis. The researchers believe that is was due to an increase in mTOR and p70s6k. These two proteins are very important in the process of building muscle. Essentially, you want mTOR, and you want a lot of it to be active because when mTOR is working, it upregulates protein synthesis. And since p70s6k is a downstream target in the same process, you want that to be abundant as well. The results of the clinical trial were confirmed by several other studies that determined there was an increase in mTOR and p70s6k activity as a result of fish oil supplementation.

Now the recommendation is a minimum of 250 milligrams of EPA/ DHA per day. However, the studies that resulted in greater protein synthesis used approximately 3.5 grams of EPA/DHA per day. If you're looking to build some muscle, I would stick to 3.5 to four grams each day for about at least eight weeks.

### **FAT LOSS**

It turns out that fat loss is another benefit of fish oil supplementation. The research has returned mixed



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results, but that is a product of different dosing amounts. In general, it has been found that fish oil suppleto fat loss, but there are several theories out there. The main theory appears to be the role that omega-

### STUDIES HAVE SHOWN THAT FISH OIL SUPPLEMENTATION OF APPROXIMATELY TWO GRAMS PER DAY RESULTS IN REDUCED BODY FAT, REGARDLESS OF EXERCISE STATUS.

mentation does aid in decreasing body fat, but you have to consume well above the recommended amount in order to reap the benefits.

Studies have shown that fish oil supplementation of approximately two grams per day results in reduced body fat, regardless of exercise status. Other studies have also shown that 2.5 grams per day of fish oil supplementation decreased fat mass and body-fat percentage after just six weeks. The question is, how does it work?

Scientists are actually unclear as to the exact mechanism that leads

3 fatty acids have in upregulating beta-oxidation. Beta-oxidation is the process that is responsible for lipolysis. It is believed that the omega-3s increase the expression of certain genes that are responsible for the enzymes in beta-oxidation. Greater expression means that there are a greater number of enzymes that participate in beta-oxidation. And that leads to greater fat loss.

### **SOMETHING'S FISHY**

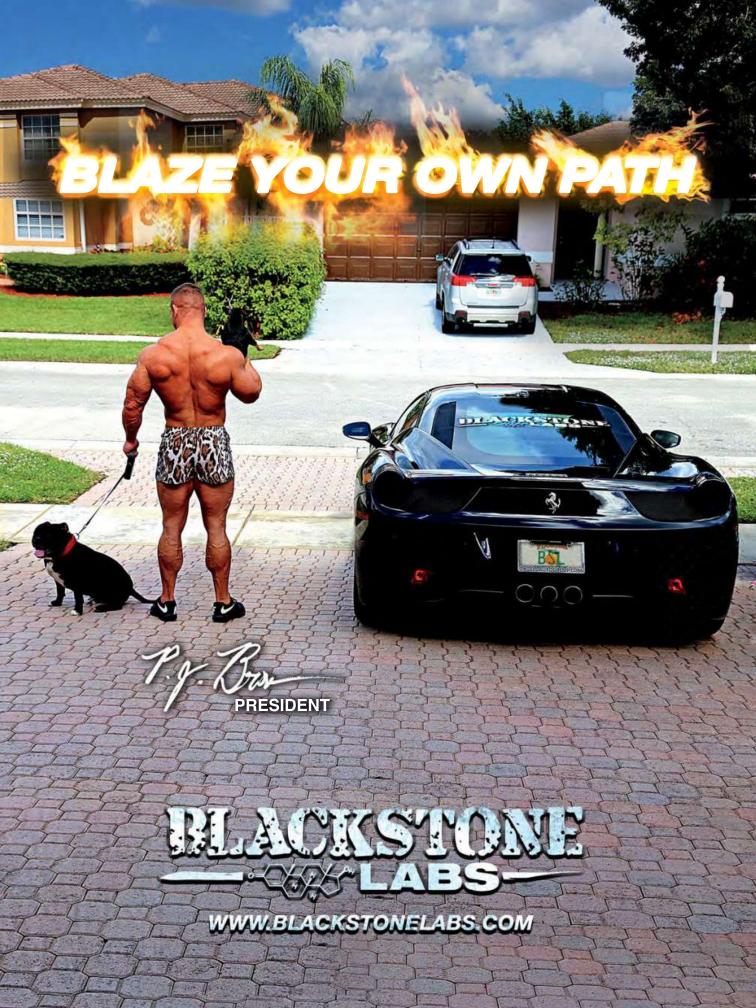
The effects of fish oil supplementation on performance have been a

bit of a disappointment. Several studies have investigated the effects of fish oil on aerobic and anaerobic performance and have determined that fish oils did not bolster athletic improvement. These studies covered a variety of sports from cyclists to soccer players and rugby players, and none saw any significant improvement.

Another idea that has been circulating lately is the effect that fish oils may have on testosterone. It is thought that fish oil supplementation increases testosterone production. The research has shown that fish oil consumption alters the testicular concentration of testosterone in adult pigs and in cell models, but research done on humans has not produced the same results. Ultimately, more research is needed in this area to clarify the effects of fish oil supplementation on testosterone



Neveux/Model: Calum Von Moger





# THE HEART OF THE MATTER

If there is a knock on the lifestyle of the physique community, it's that they often put more of an emphasis on aesthetics than health and longevity. That's just one more reason to start supplementing with fish oil. Numerous studies have shown that it improves cardiovascular health in several ways.

- → Fish oil improves blood lipid profiles, especially in the reduction of plasma triacylglycerol. Triacylglycerol levels are known to strongly predict coronary artery disease risk.
- → It prevents the accumulation of plague on the arterial walls. High levels of plaque can lead to blood clots and high blood pressure.
- → EPA/DHA stimulates nitric oxide (NO) release from cells. NO leads to vasodilation, which improves blood flow and reduces blood pressure.
- → Fish oil protects against ventricular arrhythmias. Under certain physiological stresses, the cells of the heart can release omega-3 fatty acids and prevent the development of a rapid heart rate, which can lead to cardiac arrest.

Fish oil has several other lesser-known benefits. Supplementation has been shown to support bone health and prevent bone mineral density losses. If you consume too much omega-6 fatty acids (found heavily in vegetable oils and processed foods), it can have the opposite effect, so make sure you keep omega-6 consumption low and your omega-3 consumption high.

Omega-3 supplementation has also been shown to help support mood in addition to being beneficial in the treatment of many psychological disorders and reducing the risk of Alzheimer's disease and late-onset dementia. When you're dieting, sometimes moods take a serious toll (carb depleted, anyone?) But supplementation with fish oil has been shown to increase serotonin release, which is our "feel good" hormone and will help manage stress.

before we can make solid conclusions about its effectiveness.

One thing that may catch your attention is the idea that fish oil supplementation is also known as fat supplementation. Just the name can make you cringe if you are in a dieting phase. Thankfully, even the fat-phobic don't have to worry about getting flabby from fish oil. Why? Well, we already know that fish oil supplementation results in fat loss. possibly through increased fat oxidation. This has been shown to also occur when there are increases in dietary fat, simply meaning that the

more fat you consume, the more fat you are likely to burn. Therefore, even if you're taking higher doses of fish oil (greater than five grams per day), you do not need to restrict your dietary fat intake to accommodate the fish oil supplements.

### RECOMMENDATIONS

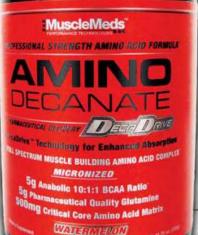
How much you take is going to be similar for muscle hypertrophy and fat loss. Most studies used at least two grams of EPA/DHA per day, so that should be a good starting point. Take that dose for a few weeks and reassess your progress. If you're

comfortable increasing the dosage, do so. Try not to go over about 5.5 grams per day. It is possible that you may get some GI discomfort at intakes greater than that. But you shouldn't have to worry about mercury intake since these supplements are held to different standards compared with whole fish. Make sure you're reading your labels to determine your actual EPA/DHA content, which will be less than the content of total fish oil. Most likely the manufacturer's recommended dose will be less than what you need for your desired results. IM

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# **HARD**BODY



MODEL AND SPOKESPERSON DAPHNE JOY INJECTS A DOSE OF GLAMOUR INTO THE WORLD OF FIT AND FEMININE PHYSIQUES.

INTERVIEW BY DR. CAT BEGOVIC | PHOTOS BY RYAN ASTAMENDI

There is no denying that Daphne Joy is stunning. When she enters the room, she fills every space with her radiant glow and manages to make her off-the-scale sexiness look positively effortless. Her passion for fitness, as well as her super-toned body, makes her one of the most sought-after fitness models in a highly competitive industry. Daphne has a unique look and style that is the epitome of fashion-meets-fitness, with a discipline and work ethic we think is the epitome of *Iron Man*.

# Dr. Cat Begovic: Tell us a little bit about yourself and your background. Where does your exotic look come from?

Daphne Joy: Well, I was born and raised in the Philippines; my mom is of Filipino heritage, and my dad is Puerto Rican. I feel like I grew up in the best of both worlds, mainly because of the food!

### CB: Where did you grow up?

**DJ**: I grew up in the Philippines but have since been living the California life.

# CB: During our photo shoot you made it look effortless, but I know how hard it is to hold some of those poses! When did you start modeling?

DJ: Yes, the poses are definitely harder than they look, but you have to know your angles when you're in front of a camera! It just makes everyone's job easier. I've loved modeling since I was a teenager, but I started modeling professionally a few years ago. To be honest, I practice the night before a photo shoot and even the morning of the shoot just to make sure I'm in the best shape and everything is looking good!

# CB: You've been in several movies. Is acting something you're passionate about?

DJ: I always tell everyone I think I'm such a horrible actress. I give credit to all the talented actors because it's definitely a craft and a skill you can't just play around with—you either got it or you don't. I'm more comfortable being myself, and I find hosting or doing interviews is more my strong suit.



# **HARD**BODY

### **CB:** How did you get into fitness?

DJ: I first got into working out to be healthy. I truly believe that health is wealth. When I met my son's father, I really got into my fitness game. To be honest, he hired my first trainer. It was motivating to see him work long hours and still wake up every day at eight a.m. to get his sessions in. Eventually that rubbed off on me.

Instagram was just starting out around that time, and I was always posting motivating, positive things and progress photos of myself. From there, Shredz scouted me and they've been wonderful. They've opened up new fitness audiences for me and helped me network with some greats in the fitness world.

# CB: What are your fitness goals? Are there any projects we can look forward to?

DJ: My fitness goals are, of course, abs and a perky booty! Who doesn't want that? No, but seriously, I'm just happy to be toned and have the knowledge and discipline I have now because I know it will maneuver me into a healthy lifestyle for the rest of my life. As far as future projects, I love blogging for videos and posting daily for my fans. A reality show might be in the works. I'm a pretty private person, but I think it's good timing now to be a little more open.

# CB: You make working out look super glam. What's the secret?

DJ: My secret is super bright, sexy, amazing fitness gear! I've always said I'm not motivated in the gym if I don't look good. Think about the difference it makes in your attitude to wear old baggy clothes versus sexy yet comfortable gym wear. Plus it makes the sweaty selfies so worth it.

### CB: Makeup or no makeup at the gym?

DJ: If it's just you and your girlfriends, I say no makeup. But if it's at a public gym, I say a little makeup is okay. Why not? If you're single and could potentially get approached, a little makeup can give you a bit of confidence. It's all how you feel and what makes you feel good!





# **HARD**BODY

# CB: How do you handle guys who come up to you at the gym?

DJ: It happens from time to time. I'm always sweet about it for the most part because I know approaching a woman at the gym can be nerve-racking. As long as I'm not in the middle of stretching, squatting, or running, then we're good!

## **CB**: What's your favorite body part on yourself?

DJ: I've learned to really love my legs! I have huge thighs, and I've just learned to embrace them. This is the body we are a given, so might as well love it, right?

# CB: What's your favorite body part on a guy?

DJ: I'm definitely a sucker for huge arms. It's the first thing I notice on a guy.

# CB: I love your selfies on Instagram! What's the key to taking a great selfie?

DJ: Thank you! It definitely takes me about 49 tries before I get the right one! Some tips are definitely finding the light. Make sure the sun or your lighting is in your favor—and snap! Good contouring and highlights helps too, but that's another topic!

# CB: What's your diet like? How do you get in shape while still keeping your curves?

DJ: I definitely go on a strict diet when it's photo-shoot time. No carbs, sweets, or anything artificial. It's all mainly chicken, fish, veggies, and fruits! I incorporated some of my Shredz supplements for muscle recovery and energy. The key for me is meal prepping and keeping my fridge stocked with healthy choices so I don't cheat. I believe my curves are still there because I still like to indulge here and there on my off times. Everyone's gotta live a little!

# CB: What's your workout routine? Do you have any favorite exercises?

DJ: My workout routine varies. When I'm with my trainer she likes to do a variety of things to work different muscle groups. When I'm by myself I love 20 minutes of cardio and back-to-back reps of abs, glutes, and legs. Every exercise is my favorite.















### Daphne Joy Lives: Southern California

Likes: Mediterranean food, white sand, thong bikinis, Jamaican music, perfume, men's Calvin Klein shorts, fur throws, my son's laughter, meaningful conversations, deep thinkers, working out, and staying fit!

Dislikes: Negative people, red lipstick, liars, cigarette smell, pollution

Favorite vacation spot: All of the Caribbean

Listens to: Drake, Aaliyah, Janet Jackson, Whitney Houston, Michael Jackson, The Weeknd, Chris Brown

Latest book read: #GIRLBOSS by Sophia Amoruso

Latest movie seen: Fantastic Four

Favorite quote:

"Where there is love there is life"

---Mahatma Gandhi

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### CB: Any advice for aspiring models?

DJ: Stay true to your brand, yourself, and don't compromise. If you're lost or confused, ask advice from people who are knowledgeable and people you admire and not people who have no clue on things. Look up to your idols and follow their paths.

### CB: What will Daphne Joy be doing 10 years from now?

DJ: The journey is sometimes more exciting without a plan. I'm just happy to see where life will take me. IM





Dr. Cat Begovic is a double board certified plastic surgeon from Harvard and UCLA. She has published or presented over 40 articles in scientific journals and meetings and has been seen on various TV programs such as "The Doctors" TV show, Entertainment tonight, CBS news, Fox, and Spike TV.

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# **EXTREME TRAINING**

# On The Ropes

By Cornell Hunt, CSCS

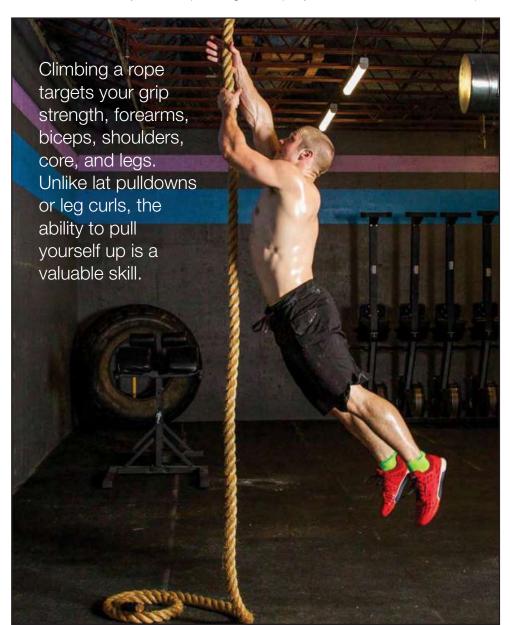
Utilize this dynamic training tool for upper-body muscle and power

I had a client once who got upset that the gym I was working for invested money in some heavy-gauge ropes instead of more machines. Although I disagreed, I understood his argument. How could these ropes contribute toward building a shredded physique? During our next workout, we finished with some rope exercises and that was the last time I ever heard him complain about the usefulness of ropes.

Rope training was originally made popular by the military. Soldiers and sailors are known for being in top physical shape, and most branches of service require their enlistees to successfully climb a rope. Being able to pull yourself

up is a phenomenal physical trait to have. Although most people don't and shouldn't train with the same intensity and frequency as the military, the experience and availability of rope climbing should be enticing to most.

John Brookfield, the creator of the original Battling Ropes System, decided to use the implements a different way. He discovered a great metabolic workout by anchoring the rope down to an immovable object (often a heavy kettlebell) and manipulating the opposite ends of the ropes. This produced workouts that stimulated muscles in the arms, shoulders, and core while it promoted fat loss and conditioning.



### Rope Climbing

I've personally worked with women who struggle with doing a pull-up but are able to climb a rope when taught correctly. Climbing a rope targets your grip strength, forearms, biceps, shoulders, core, and legs. Unlike lat pulldowns or leg curls, the ability to pull yourself up is a valuable skill that can improve vour chance of survival in a disaster. Here are a few techniques of rope climbing that can be used:

The Gym Class: Back when physical education was actually taught in PE class, students performed activities that challenged their fitness. The gym-class technique is what people usually do when they haven't been taught how to climb properly. They jump up, grab on the rope, and allow the rope to fall between their feet. Then they attempt to pinch the rope between their legs to help propel them upward. Unfortunately this doesn't afford you much leverage. This technique is manageable if you have enough upper-body strength, but you can quickly burn out if you need to perform multiple climbs.

The Twist and Lock: The prerequisite for this technique is being able to hold your body up with your knees to your chest for five to 10

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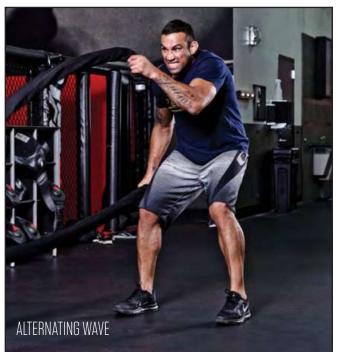
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# EXTREME TRAINING



seconds. If you can do this, then you should have the necessary strength to proceed. This technique is the most popular one because when done properly, your legs do most of the work. All you need to do is first jump and grasp the rope as high as you can. With your knees bent toward your chest and rope between your legs, twist the rope around your dominant leg counterclockwise and allow the rope to lie on top of your foot. Then take your other foot and place it on top of the rope that is lying on your dominant foot. Straighten your legs to move up the rope and bring your torso close to your hands. Grab the rope as high as you can again, loosening up your legs to allow your hips and knees to flex, re-adjusting your twist-and-lock technique. This repeated process will allow you to climb the rope with no issue. When first learning this technique, I suggest having someone hold the rope at the bottom to prevent it from swaying. Once you understand how to repeatedly re-adjust



your twist-and-lock technique, you can do it without anyone holding the other end.

**The Clamp:** This technique is similar to the twist-and-lock technique and allows you to get up and down the rope quicker if you master the technique. Like the twist and lock. jump up and grab the rope as high as you can. Let the rope fall to the outside of your right leg. Step on the rope with your right foot by bringing it up with your left foot. The combination of the rope running underneath your right foot and on top of your left foot will lock the rope in place. Bring your knees into your chest, clam the rope between your feet, and extend your knees and hips. Once your legs are extended, grasp the rope as high as you can again and repeat the process.

More advanced techniques such as the no-leg (using only your arms) or the L-sit (keeping your legs in a pike position) require extreme upper-body strength and should only be reserved for those who are able to safely pull themselves up and lower themselves down.

### **Battle Ropes**

Depending on their variation, battle-rope combinations can be targeted or work your entire body all at once. I train my athletes in different planes of motion: sagittal (right/left), frontal (front/back), and transverse (rotational). This teaches them to be able to move in different directions with force and power. This should also be incorporated for everyone, not only to prevent injuries and muscle imbalances but to offer different challenges for well-rounded power and fitness. They are also a good way to break up any training monotony that has set in. Check out a few of my favorite battle-rope exercises:

**Double Wave:** The double wave is the easiest variation to master, but very effective. Hold one end of the rope in each hand with your feet shoulder-width apart. Stand in an athletic position with your hips back and chest up. Brace your abs and move the ropes up and down, creating a wavelike motion. As the ropes go up, extend your hips by driving through your legs and as the ropes come back down, rebend your hips and knees.

Alternating Wave: These are done the same way as the double wave except you alternate between your right and left arms. This is more intense and demands greater coordination, especially as fatigue sets in.

Rotational Uppercuts: Popularized by MMA fighters, this trains athletes in the transverse plane, which is crucial for high performance. Grasp the rope with your thumbs pointing up as if you were to throw a punch. The handles of the rope should also be pointed upward. Rotate your hips and throw alternating uppercut punches. Similar to the other movements, keep your abs braced and start in an athletic position. As you become more comfortable with the continuous motion, bend and move your upper body in a "bob and weave" motion similar to a boxer. This is a great conditioning exercise since the rope is weighted and you are moving your body in a rotational manner, which heightens the intensity. **IM** 

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains athletes and clients in New Jersev. He is the Xtreme Fitness Coach for MHP. For more information, visit MHPStrong.com or HuntForStrength.com.





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HOME-GYM

# **HYBRID TRAINING**

# MAN HANDLE

By Eddie Avakoff, owner MetroFlex LBC

The phrase "functional fitness" gets thrown around all the time, but what does that actually mean? At its root, a functional movement means it has an everyday applicability. For example, people are always going to get on and off the toilet, so you might as well squat (and get good at it). People are always going to pick things off the ground, so it's smart to train your deadlift. Basically, put yourself though the load and posture of a movement and ask yourself if you're going to mimic that pattern in your everyday life. Biceps curls standing on a Bosu ball? Not so much.

Just the same, we talk about grip strength and its many advantages in everyday life. Improving grip strength is, in my opinion, far more functional than curling and pumping up your biceps.

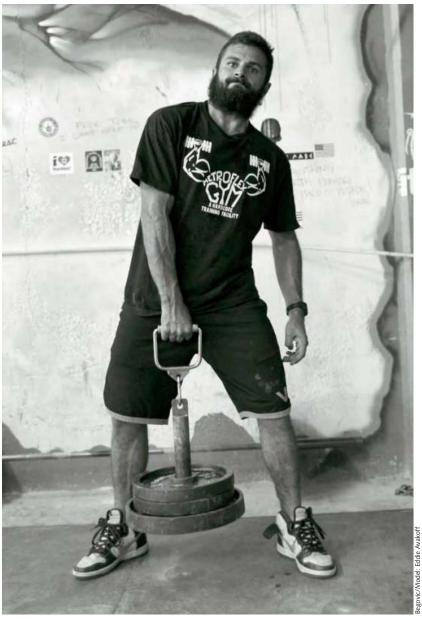
When it comes to functionality, grip strength is the key to so much: climbing, gymnastics, a monster deadlift, wrestling, barbell rows, hanging leg raise, pull-ups, and basically the entire sport of strongman. Grip strength is key to building strength. Not to mention, no guy ever wants to let a girl down by failing to open a tightly sealed jar. Seriously, that's

embarrassing. Don't ever do that.

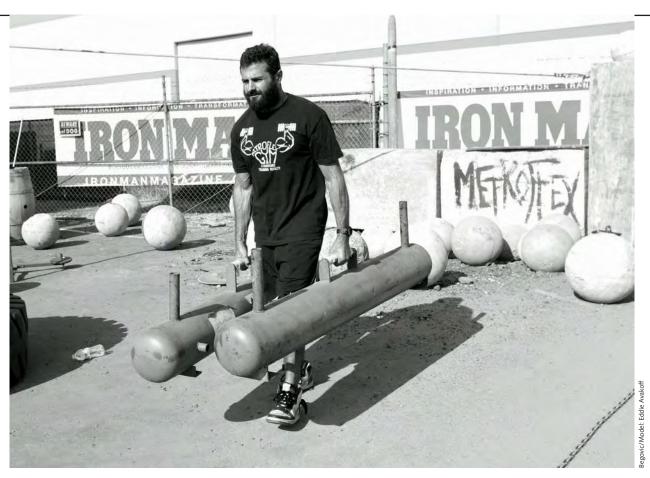
Now that we've established that grip strength is important, let's figure out how to improve it. First, do not use that stupid stick with the rope attached to a weight. The damn wrist roller is more of a shoulder workout than it is for your grip. And with what little grip strength it might give you, good luck keeping up with the people using the exercises I have described here.

Grip strength largely is about verity: heavy weights, high volume, and time under tension. Explore all three modalities in order to improve all aspects of your grip. Here are a few exercises that develop crushing grip strength and will help make your life easier as your grip strength improves.

- Heavy Deadlifts: The first rule of developing a strong grip is never use straps when training with a barbell. If your back or legs are failing on a maxeffort pull but your grip is okay, then decrease the range of motion (through the use of rack pulls) and continue to increase weight until your grip gives out.
- Farmer Walks: There's two different ways to approach farmer walks to improve grip strength: max distance or max weight for a determined distance. (Note: Although it is a strongman event, racing through a determined distance for time does not necessarily yield gripstrength improvements.) Max distance means spick up a challenging weight and testing how far you can carry it without putting it down. If you're running laps (down-back-down-back), brace yourself for the rebound of momentum upon the turns. Alternatively, you can set the distance—let's say 20 meters and carry the implements with as much weight as possible. For example, start with 250 pounds for each arm, then



# HYBRID TRAINING



## No guy ever wants to let a girl down by failing to open a tightly sealed jar. That's embarrassing.

move to 300 pounds, and finally max out at 320 pounds in each arm. Continue to increase the weight until you can pick up the weights but still find it very difficult to walk them down the allotted distance.

- Pull-Ups: It doesn't get any more basic than pull-ups. I am referring to strict pull-ups, of course, although I believe that CrossFit-style kipping pull-ups have their place in regards to grip strength, but not necessarily overall strength gains. Volume is the key here as well as a full range of motion (fully extended elbows at the bottom and chin over the bar at the top). I try to attack pull-ups with as many reps as possible. At the very end of my sets, when I've exhausted all the strict pull-ups I can do, I'll crank out as many kipping pull-ups as I can before dropping off the bar. This is really the only time I'd recommend training with kipping pull-ups (unless you compete in the sport of CrossFit, in which case it's effective and necessary for your "game"). Only after you reach failure for strict pull-ups should you explore snagging a few extra reps through the use of kipping your body over the bar. At the end of the day, you're holding onto the bar longer and that means increased grip strength.
- Rock Climbing: This is probably the single best sport or activity I've ever competed in that improves strength in

your hands. Grip strength is everything in rock climbing. The pinches and holds are enough to dislocate your fingers if you're not adapted to the stress. I was fortunate to go to a school with a rock-climbing wall, which introduced me to this incredible sport. Since college, I've ventured to numerous rock-climbing gyms to keep up grip skills that really can't be tested anywhere else with such volume and variety of challenges. Get out of your element and venture into something new. If you have a decent base of fitness, rock climbing is a cool sport to try.

• Rolling Thunder: I know I recommended that you avoid that rope-and-stick forearm device. And although this looks similar to it, I can assure you that it's worse, in a good way. Rolling thunder is a strongman event in which you pick up weights, held by a special vertical collar, and hold for as long as possible. Usually, the grip is about two inches in diameter. The thick revolving handle makes lifting even a quarter of your deadlift max nearly impossible. Rolling Thunder is usually completed for maximum weight picked up or for the most time holding a determined weight.

Hopefully these exercises are some movements that you can implement into your training program to improve grip strength. I usually work my grip on back/deadlift days or whenever we go out of the gym and do strongman training. In the pursuit of being the most versatile and functional athlete that we can, grip strength shares a consistent relevance through its numerous athletics. Don't neglect or undervalue its importance. **IM** 



# **Testament Of Youth**

**Photography by Ron Avidan** 

The next generation of competitors shows the way at the USA

Most people didn't take notice when Cody Montgomery set a new standard with three consecutive victories at the NPC Teen Nationals in 2012, 2013, and 2014. Montgomery's win at the NPC Collegiate Nationals last year drew little attention either.

But his performances certainly caught my eye—especially when one of the combatants he defeated at the NPC '12 Teen Nationals, Dominick Cardone, won a pro card by nabbing the heavyweight class at the NPC Nationals last November.

When Montgomery and I chatted after his impressive wins in Pittsburgh last July—albeit at "lower level" shows—he was contemplating his next move. Junior USA? Junior Nationals? Are you kidding? You need to go for the gusto, son. Look what Cardone calls himself today—an IFBB pro. If you can beat somebody as good as this impressive New Yorker, you can stand biceps to biceps with anybody at a pro qualifier.

Now, for the record, I am not claiming to be the guy who convinced Montgomery to shoot for a pro card in 2015. I'm sure that choice might have been shaped by Montgomery's team: nutritionist Chris Aceto and P.J. Braun and Aaron Singerman of Blackstone Labs/Prime Nutrition, Montgomery's sponsor.

But I can say I may have contributed to the thought process—shoot, I told Montgomery he should give it a shot at a pro qualifier after he dominated in his first win at the Teen Nationals. I thought he could have been a top-five challenger then.

In any case, Montgomery was certainly ready when he finally did make his entrance onto a pro-qualifying stage at the 2015 USA Championships in Las Vegas at the end of July. At a tad under 5'8" and a crisp 224 pounds, the junior at the



Left to right: Mary Cain, Kayce Gorman, Cody Montgomery, Tiffany Urrea, Billie Cavalier, Ahmad DeGuzman



Cody Montgomery, 20, becomes youngest NPC bodybuilder in history to win a pro qualifying event.



Bikini class winners... Need I say more?



Figure winners show off their strength and beauty



Men's Physique winners ready for the next level.t

Cody Montgomery set a new standard with three consecutive victories at the NPC Teen Nationals in 2012, 2013, and 2014.

University of Texas, San Antonio not only became the latest to win the prestigious crown, but he is now listed in the record books as the youngest overall champion at a pro qualifier in the NPC's 33-year history. Montgomery celebrated his 21st birthday on August 6.

What's up next for the wunderkind? Rumor has it Montgomery could be making his pro debut at the 2016 Arnold Schwarzenegger Classic. Too big a jump at this point in his career? Like from the Teen and Collegiate Nationals to the USA, you mean?

The first time I got to view the physique of Ahmad DeGuzman was at the Governor's Cup in Sacramento, California, in March. An impressive specimen, indeed. Sublime enough, in fact, to earn the overall title in Men's Physique. Making the victory even more impressive, though, was to find out this rising star was only 20 years old.

It didn't take a neurosurgeon to realize this young man would be a force in the industry down the road. But even I didn't realize it would be such a short trip; DeGuzman made it matching 20-year-old champions at the USA by winning the whole ball of wax in his category to move on to the pro ranks. By the way, in all, 53 competitors qualified to receive pro cards in Sin City, the top two in each class in all divisions except women's bodybuilding, where only class winners earned that honor.

Thumbs up to the other overall champions as well: Kayce Gorman (Figure), Tiffany Urrea (Bikini), Billie Cavalier (Women's Physique), and Mary Cain (Bodybuilding). See ya at the next level soon!

### Eric "Merlin" Broser

Eric Broser has trained countless numbers of successful competitors over the years, but probably none more prominent that Dave Bourlet during the 2015 season. Well, "B & B" set out to prove it's not only possible to be in shape all year round, it's hardly a difficult road to navigate.

Bourlet has been competing on and off for about 25 years but has been known much more for his entertaining columns and video interviews (for various magazines and websites) from the Mecca—Gold's Venice—than for his physique.

Until he hooked up with Broser that is. "I officially started prepping on December 6, 2014," Bourlet said. "I set my sights on the West Coast Classic in late June, but I also wanted to compete at Jay Cutler's Desert Classic in Las Vegas [where he finished fourth] and the Jay Cutler Classic in Boston [where he finished third].

"I started my diet at a soft 228, but with Eric's training and diet program, I kept getting better and better with each show. By the time I got to the West Coast Classic, which took place two days after my 43rd birthday, I hit the stage at a shredded 217 pounds. I achieved a condition I never was capable of before, finishing third in a really tough class, and improved on lagging body parts. I feel that we've just started scratching the surface of my potential."

And Bourlet didn't stop at the WCC; he competed in the Orange County Classic on August 8, finishing second in the Heavyweight class (at 220 pounds) and is planning to do his thing at the Ferrigno Legacy in November. "We want to go an entire year," Bourlet said.



As Bourlet's physique kept getting better, so did his creativity. I can't get recognition for the moniker "Merlin" in this case, folks. Dazzling Dave gets the honors. "It took a magician to achieve what Eric has done with my physique especially with the ease of it all," Bourlet said. "And I have felt great from the beginning to now."

Okay, Merlin, what's your secret?

"I've been telling people for years it's not only possible to hold your condition for months at a time, but to actually improve upon it from show to show," Broser said. "In order to accomplish this, I utilize a very systematic and progressive approach to diet and cardio, while adjusting workouts every week. My training systems, P/RR/S [power, rep range, shock] and FD/FS [fiber damage/fiber saturation] address the myriad mechanisms associated with hypertrophy and keep the body from stagnating, while at the same time preventing overtraining in a hypocaloric state.

"I view my clients' condition every week and determine, by appearance and scale weight, what needs to be tweaked in the diet to continue to progress forward. The changes I make are calculated yet subtle and always result in positive effects.

Once all the body fat is dieted off, the key to improving conditioning from show to show lies in the slowly increasing caloric uptake while maintaining cardio and continually addressing weak areas of the physique."

### Gosline, Aburajouh Nab Collegiate, **Teen Crowns**

After Montgomery won his third Teen Nationals title last season and picked up the Collegiate Nationals championship trophy as well in Pittsburgh, some felt there could be a major drop-off in quality in those divisions in 2015.

If so, it wasn't by much. Mo Aburajouh, who finished second to Montgomery in the overall balloting in the Teen division last year, came back to leave the arena with both the Lightheavyweight and Overall crowns this time. And Nat Gosline, who won the Collegiate category, is a 24-year-old with a lot of potential who attends Jackson Military College in Jackson, Georgia.

Congrats to Nhon Ly, this year's West Coast Classic Middleweight titlist, who won that division in the 50+ category at the Masters Nationals. The amazing 52-year-old Ly, however, just missed out on earning pro status when he didn't finish in the top two in the Overall balloting. I predict Ly will achieve his goal in

If ace promoter Gary Udit had decid-



Jay Cutler, Dave Bourlet, Eric Broser



Merlin magic: Dave Bourlet, before and after.



Mo Aburajouh



Joe Piersante and Dave Liberman

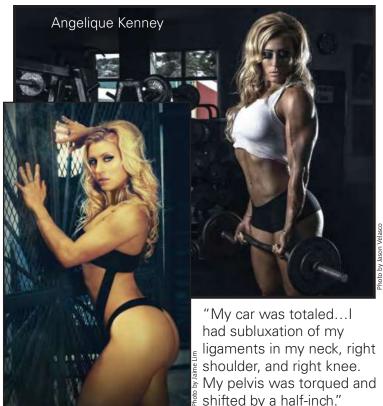
If ace promoter Gary Udit had decided to hand out a "Most Inspirational" award at the show, I bet the trophy would have been placed in the hands of Joe Piersante, an armed forces vet who lost his eyesight serving in Afghanistan.



Nat Gosline



Nhon Ly



ed to hand out a "Most Inspirational" award at the show, I bet the trophy would have been placed in the hands of Joe Piersante, an armed forces vet who lost his eyesight serving in Afghanistan. Piersante finished eighth out of 17 middleweights in the 35+category.

### Watch Out For: Angelique Kenney

Born in Biarritz, France, in 1983, Ångelique Kenney was always moving—literally and figuratively. After shining as a martial arts champion in her early years (she started at five years old), Kenney became a pro surfer and moved to Hawaii to pursue her passion when she was 18. She eventually ended up in Idaho, then California, as she traveled and surfed the world. Along the way, Kenney picked up a real estate license and is licensed in three states. "I worked on my first real estate project in France when I was just 16," Kenney said. "I love to buy and remodel houses."

In 2012, however, a car accident remodeled her car—and her body—and she was lucky to survive. "It was February," Kenney recalled, "and I was on my way to deliver keys to my clients for a real estate closing. It was raining and I was on the freeway. This car was speeding and the driver lost control, driving off the exit of the freeway to a highway road, and hit me on the passenger side of my car.

"My car was totaled...I had subluxation of my ligaments in my neck, right shoulder, and right knee. My pelvis was torqued and shifted by a half-inch. Eight ribs were misaligned and I also had a broken lumbar disc. I went through therapy and had two double spine injections. I could have been paralyzed."

After a year and a half of rehab and not training, Kenney took matters into her own hands. She started surfing again and added a weight-training regimen with it. She also radically changed her eating habits: no more gluten, dairy, or grains for this 32-year-old, who made her NPC debut in 2014 with a fifth-place finish in a local bikini show.

A switch to figure proved to be a wise move. The 5'3 ½", 120-pounder, who calls Oceanside, California, home now, won her first contest a month later, then started off 2015 with a class victory at the NPC Iron Man Naturally in February. Kenney finished third in her class at the NPC Dennis James Classic in May and placed seventh at the NPC Team Universe in July.

The highlight of the 2015 season did not take place on a competition stage, however. In May, Kenney became an American citizen.

An aspiring actor and model, Kenney signed with Maverick Talent Agency in Beverly Hills this past July as part of their Athletes and Special Talent Division. "I love to do my own stunts while acting in movies,"

she said proudly. Last, but certainly not least, Kenney has her eyes on an IFBB pro card in the near future.

After surviving that scary car crash, a pro card should be a dead-lock. **IM** 

To contact Lonnie Teper about material possibly

pertinent to News & Views, write to 1613 Chelsea Road, #266, San Marino, CA 91108, or send e-mail to tepernews@ aol.com.





# Glenn-Marie Endris

Hometown: Valencia, CA Current residence: San Diego,

CA **Age:** 27 **Height:** 5'4 ½"

Weight: 115 pounds (contest),

125 pounds (off-season)

**Occupation:** Full-time student, massage therapist, insurance field

rep, promo model

Contest highlights: 2015 USA, Bikini, 11th, Class D; 2015 West Coast Classic, Bikini, 1st, Class D; 2015 Iron Man Naturally, Bikini, 1st, Class D; 2014, Europa Games, Bikini, 5th, Class D Factoids: Was a state champion gymnast at Valencia High School, where she was also voted "Most Valuable Runner" on cross country and track teams; internationally published model in nine magazines, including *Playboy* and *Easyriders*.

Photos by Ron Avidan





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## THE VERITAS ON VINO

by Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

Does fitness have a drinking problem? The real deal on alcohol, aging, and performance

Alcohol is deeply intertwined into modern society. For years consume alcohol in excess. (Go hit some bars in Columbus, the media has quoted select studies that praise moderate alcohol consumption for its distinctive benefits to vascular health and the way it promotes nitric-oxide formation leading to improved virility. Yet plenty of other studies discuss its consumption as a serious health risk.

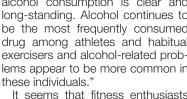
Alcohol and fitness have an oddly close relationship. Its use and abuse often carries over into our passion for competition in sports and strength training. Even the hardest of the hardcore in the fitness community are known to

Ohio, the weekend of the Arnold Sports Festival and you'll see what we mean.) Unfortunately, many people use alcohol for its powers to stimulate a feeling of well-being and reduce social inhibitions. It seems to allow athletes a momentary escape from the stress of continuous training.

A clinical study performed by scientist at John Moores University in Liverpool, England, states the case this way: "Alcohol use, particularly excessive alcohol consumption is one of the most serious health risks in the world. A relation-

> ship between sport, exercise and alcohol consumption is clear and long-standing. Alcohol continues to be the most frequently consumed drug among athletes and habitual exercisers and alcohol-related problems appear to be more common in these individuals."

> It seems that fitness enthusiasts think that training hard and eating clean can protect them from the damages of binge drinking. Not only is that idea false, it becomes less and less true the older you get.



### **Summoning Evil Spirits**

Alcohol can be classified as either a food or a drug. As a food, it is quite calorically dense. At seven calories per gram, alcohol provides almost twice the calories per gram of either carbohydrates or protein, but still fewer than a gram of fat. Alcohol is often known as the anti-nutrient because it directly interferes with the body's absorption, storage, and use of other nutrients. Calories from alcohol are considered empty because alcoholic beverages contain only negligible amounts of vitamins and minerals. It's puzzling why anyone interested in building and maintaining an awesome physique would want to fuel their body with alcohol.

As a drug, alcohol is classified as a depressant and appears to have a two-part response: an initial sensation of excitement followed by depressive psychomotor effects. Men are less sensitive to the drug than women due to certain enzymatic reactions in their digestive system allowing them to dispose of the alcohol before it reaches their bloodstream.



# ANTI-AGING



It seems that fitness enthusiasts think that training hard and eating clean can protect them from the damages of binge drinking. Not only is that idea false, it becomes less and less true the older you get.

As many studies show, alcohol truly consumed in moderation has been shown to offer multiple health benefits. If you are dead set on consuming a beer or drinking a glass of red wine every now and then, very little harm will come to you provided you also strength train, perform endurance work, and eat a clean diet rich in protein, essential fatty acids, and clean carbohydrates.

However, the very idea of moderate alcohol consumption as a health benefit is kind of a misnomer. Who really drinks alcohol moderately anyway? American culture glamorizes drinking beer or taking shots at every opportunity. It's part of our sports and TV culture. Watch a game and have a few brews. Go to a concert or play and open up some red wine. Mexican food means margaritas. Sound familiar?

If you are drinking alcohol to get drunk, you must understand the following side effects you're likely to experience.

- Alcohol is directly converted to triglycerides (fat) in the human bloodstream.
- These triglycerides will then show up in areas where you are prone to store body fat, usually the gut for men and the hips for women.

- In men, alcohol consumption lowers testosterone and increases estrogen.
- For females (more so than males) it dramatically increases the effects of aging on appearance and leads to a host of other potential increased risks like osteoporosis and vascular damage.
- Alcohol's effect on the liver can interfere with the production of adenosine triphosphate synthesis (ATP), a direct energy source for muscles.
- Alcohol will unwind any positive physique gains you made from your dietary efforts of the previous week.
- It can increase your causative risk factors for the many diseases of aging, including but not limited to diabetes, heart disease, cancer, and diseases of the liver.

If your goal is to age gracefully and possess a quality physique with noticeable muscularity and definition and youthful features

with strong skin elasticity, then you need to minimize your alcohol consumption once you hit 35. This will not only allow you to look better, your body will thank you with better health for years to come. Additionally, the mental and emotional benefits of limiting your alcohol consumption will be a boon to your relationships and allow you to live a life from a powerful platform. Here is our recommendation based on age range.

**In your 20s:** If you have above-average genetics and good insulin sensitivity, you can maintain a quality physique and still enjoy alcohol in moderation on weekends. And we mean moderation.

In your 30s: Once Father Time changes the equation in your early to mid-30s, continuing to binge drink leads to disastrous consequences to the composition of your body. Think estrogenic fat deposition (the dreaded "dad bod"), a beer gut, weak muscle strength, and a total lack of endurance both in the gym and in the bedroom. Yes, you read that right. Excess alcohol consumption can lead to sexual dysfunction. Over-imbibing can also impose permanent negative effects on the brain.

**In your 40s:** In addition to the problems already mentioned, drinking excess alcohol will destroy your skin. Your face will look leathery and aged, and your nose will appear permanently red and puffy.

If you aspire to be fit well into your 40s but you're still getting hammered on weekends, you need to ask whether you truly desire to be the best version of yourself. If so, what steps are you willing to take to ensure you live a life filled with great health and the best possible physique you can attain? By curbing your alcohol intake, you have everything to gain and only body fat to lose. **IM** 

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Every time you have an argument, pay bills, drive in traffic, stub your toe or work out, your body pumps out cortisol that eats muscle tissue like a blowtorch melts through butter.<sup>2</sup>

So any stressful situation—even lifting weights-turns on your fightor-flight juices, and your muscle can melt away in a cortisol fireball. What a waste-literally...

And that's exactly why so many bodybuilders resort to steroids. Those drugs partially block cortisol, making it much, much easier to pack on rock-hard, seam-splitting beef. According to researchers:

"[Steroids] bind with glucocorticoid cell receptors, those that interact with cortisol—and that tilts the balance toward anabolism.'

In other words, if you partially block cortisol, you're automatically in the muscle-building money big time! And that's precisely what PS, does—it controls cortisol and stops muscle wasting in its tracks so you stay fully anabolic and keep adding layer after layer of new mass!

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PS works! In fact, there's a book written about it, Phophatidylserine: Promise for Athletic Performance, by Edmund Burke, Ph.D., and Thomas Fahey, Ed.D., and these respected researchers conclude:

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### References

<sup>1</sup> Burke, E.R.; Fahey, T.D. (1998). Phosphatidylserine (PS): Promise for Athletic Performance. Keats Publishing.

<sup>2</sup> Mulligan, S.E., et al. (1996) I Str Cond Res. 10:(4): 256-262.

3 Monteleone, P., et al. (1992). Eur J Clin Pharm. 41:385-388.

<sup>4</sup> Fahey, T.D.; Pearl, M.S. (1998). Biol Sport.



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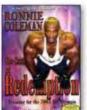
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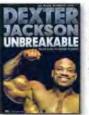




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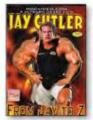
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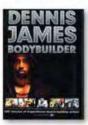
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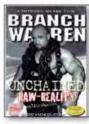
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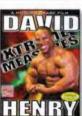
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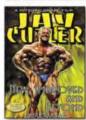


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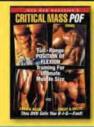


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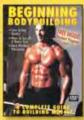


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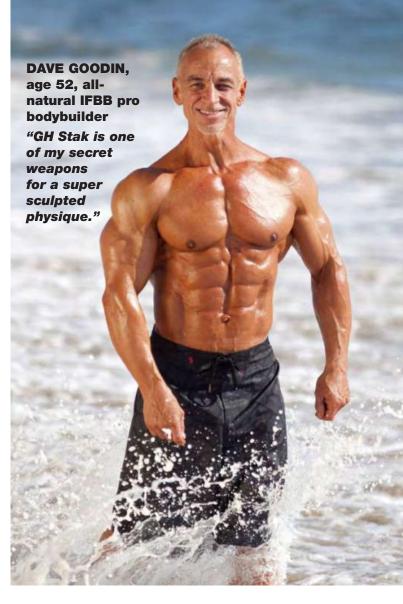
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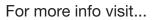
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# **IMI** | THE FINAL WORD



# **Unique Physique**

Great cover of Anton Antipov! That guy has one of the most unique bodies in the IFBB. That's why I love Men's Physique—you actually see greater variety in the physiques onstage than you do in bodybuilding. Anton's huge shoulders and narrow waist really make him stand out. And he looks strong. He doesn't look all dieted down and weak. I like the direction Men's Physique is going. Anton is my pick to win the Mr. O this year. —Bryce H., via e-mail

# **Humbling Workout**

I liked the "Bulletproof Chest" workout in your latest issue. The number of sets and reps was way higher than I usually do for chest, but I gutted it out. It was good, but I was sore for a long time. I guess I need more volume in my workouts, but I am concerned that I won't recover from such long sessions in the gym. Can you address this in a future issue?

—Dean B., via e-mail

## **Summer Lovin'**

The pictorial of Summer Rae in your September issue was amazing. Not only am I fan of hers from the WWE. but I appreciate seeing an all-natural female athlete in your magazine. She shows that you can be fit and beautiful by sticking to a good diet and going to the gym. That is my kind of girl! More girls like Summer! —Jaime K., via e-mail



# **Hybrid Training Is Not CrossFit**

I see a new article in Iron Man called Hybrid Training. Tell me that Iron Man is not turning into a CrossFit magazine. I am not interested in CrossFit and their stupid exercises. I know it is popular (for now), but please don't fall for it. Iron Man readers don't want CrossFit. -Mike L., via e-mail

**Editor's Note:** First of all, Hybrid Training is not about CrossFit. It is written by Eddie Avakoff, the owner of Southern California's famous Metroflex LBC gym, and it focuses on broadening horizons of fitness by incorporating anything and everything: strongman, powerlifting, endurance training, sprinting, MMA, you name it. Eddie would do Ping-Pong at his gym if he thought it would help his members.

Iron Man isn't turning into a CrossFit magazine, but that's not the point. The greater lesson here is fitness is no longer tribal. The "bodybuilding versus CrossFit" debate was squashed some time around 2010. If you can get stronger and leaner by doing some CrossFit-style metcons, we are all for it. (It's clear that plenty of Cross-Fit athletes now do classic hypertrophy training to build strength and bolster weak spots.) Iron Man is about being inclusive, finding the new training modalities that will help you look and feel great. We aren't closing the door on anything. Except Zumba. We don't Zumba.

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